

# 香港助產士會

Hong Kong Midwives Association

Honorary Patron

Mrs Fan Hsu L. T., Rita, GBM, GBS, JP

名譽贊助人

太平紳士范徐麗泰人大常委



## Workshop on Fit-ball Exercises in Maternity Care

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### Aim of the Workshop:

- To provide midwives' knowledge & skills on using Fit-ball exercises for childbearing women

### Contents:

- Principles in using Fit-ball
- Use of Fit-ball during pregnancy, labour & puerperium
- Practices on Fit-ball exercises

**Speaker:** Ms. Jess LI (Senior Physiotherapist, Kwong Wah Hospital)

**Date:** Class A - 16/6, 30/6, 7/7/2016 (Thursday)

Class B - 14/7, 21/7, 28/7/2016 (Thursday)

**Time:** 18:15 – 20:15

**Venue:** D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai, Hong Kong

**Teaching Medium:** Cantonese supplemented with English

**Fee:** HKD1,500 (Member) ; HKD2,500 (Non-Member)

**Class Size:** 16 (first come first serve)

**CNE / PEM Point :** 6

**Award :** Certificate will be issued for those with 100% attendance

**Remarks:** Participant must bring your own Fit-ball to the class. Fit-ball can be purchased at Midwives Association. The cost of Fit-ball is ~HK\$ 350 each. The size of Fit-ball is recommended in the following table.

| Body Height | Fit-Ball Size |
|-------------|---------------|
| 146cm-165cm | 55 cm (S)     |
| 165cm-188cm | 65 cm (M)     |

### Enrolment :

Please return the completed application form with the course fee in the form of a crossed cheque made payable to "Hong Kong Midwives Association" and send to the address of Midwives Association. The application form can be downloaded from the website: <http://www.midwives.org.hk>

### Enquiry :

Ms Au Clerical support of Midwives Association. Tel : 2893 8800 Fax : 2572 5329