

# 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

太平紳士范徐麗泰人大常委



## Workshop on Birth Ball Exercises in Maternity Care

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### Aim of the Workshop:

- To provide knowledge & skills on Birth Ball exercises in Maternity care

### Contents:

- Principles in using Birth Ball
- Use of Birth Ball during pregnancy, labour & puerperium
- Practice on Birth Ball exercises

**Speaker:** Ms. Jessica LO (Physiotherapist, Princess Margaret Hospital)

**Date:** 3/1, 10/1 & 17/1/2019 (Thursday)

**Time:** 18:30 – 20:30

**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

**CNE / PEM Point :** 6

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

**Remarks:** Participant must bring their own Birth Ball to the class. Birth Ball can be purchased at Midwives Association. The cost of Birth Ball is HK\$350 each. The size of Birth Ball is recommended in the following table.

| Body Height | Birth 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>

**Deadline of Enrolment :** 3/12/2018 (*first come first serve*)

**Enquiry :** Hong Kong Midwives Association. Tel : 2893 8800 Fax : 2572 5329