

Workshop on:

# Birth Ball Exercises

## in Maternity Care



### 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



**16, 23 and 30 July 2020 (Thursday) / 18:30 – 20:30**  
**D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai, Hong Kong**

**Teaching Medium** : Cantonese supplemented with English

**Target Participants** : Registered Midwives

**Fee** : HKD1,800 (Member); HKD2,700 (Non-Member)

**Class Size** : 12

**CNE / PEM Point** : 6 Points

**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)

**Payment Method** : Please enroll by using the QR code and make the payment within **7 days** of your enrolment, or your application will be cancelled.

#### (1) Bank Transfer to Dah Sing Bank

Account Number: **040-759-103-0574-7**

Account Name: **Hong Kong Midwives Association**

Please send the bank-in slip (with your name & enrolled class) via Email: [info@midwives.org.hk](mailto:info@midwives.org.hk) or Fax: 2572 5329

#### Or (2) By Cheque

Please send the crossed cheque (payable to "Hong Kong Midwives Association" to the address of Association

*For group enrolment, you can send us a group application form available on our website together with the payment in cheque to our address.*

**Enrolment Deadline** : 9 July 2020 (first come first serve)

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



- ✦ You will be required to check your temperature and be free from fever or any respiratory symptoms when you attend the class
- ✦ To protect personal hygiene, you are required to wear a mask during the class

