

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. Regina Leung Physiotherapist I, Kwong Wah Hospital



1, 8 & 15 December 2020 (Tuesday) / 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 to those with 100% attendance

Remarks : Participants must bring along their birth balls and yoga mats to the class. You may purchase them through our association and pre-ordered is recommended. (HK\$350 for each birth ball, HK\$190 for each yoga mat). 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 Name: **HONG KONG MIDWIVES ASSOCIATION**

ATM	Account Number	Online Banking	Account Number
59-103-0574-7		040-759-103-0574-7	

Please send the bank-in slip (with your name & enrolled class) to us

via **Email: info@midwives.org.hk**

WhatsApp: 9145 3581 or **Fax: 2572 5329**

2 By Cheque

Please send the crossed cheque payable to

"Hong Kong Midwives Association"

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

e-Application Form



Scan Here

Enrolment Deadline : 24 November 2020 (first come first served)

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

Friendly Reminders

- ✦ 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



HONG KONG MIDWIVES ASSOCIATION

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