



WANT TO REMAIN FIT AND EXERCISE
IN A SAFE WAY DURING YOUR
PREGNANCY AND MATERNITY LEAVE?

BUMP TO BABY AND BEYOND PILATES

WITH WOMEN'S HEALTH
PHYSIOTHERAPIST JENNA SWEENEY

TUESDAYS:

16.15: POSTNATAL

17.15: ANTENATAL

ROWAN HOUSE HEALTH & WELLBEING CENTRE
28 QUEENS ROAD, HETHERSETT, NR9 3DB

FOR MORE INFORMATION CONTACT: JENNASWEENEY@LIVE.CO.UK, 07734455184