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# Antenatal Physiotherapy Education Sessions

Congratulations on your pregnancy!

The Physiotherapy department at Ipswich Hospital offers an education session on:

* Body changes during pregnancy
* Good bladder and bowel habits
* Pelvic floor muscle function and exercise
* Birth preparation
* Non-drug pain management options for labour ie. TENS
* After birth preparation

You MUST **email us to book into a session.** Your partner or support person is welcome to join you.

**When**: 1x/month 3rd Wednesday of the month 12:00-1:30pm

**Where:** Online live group telehealth

## Email information

Please send an email to the following email address with the information as below.

Email: [physiotherapy.opdwm@health.qld.gov.au](mailto:physiotherapy.opdwm@health.qld.gov.au)

Subject: Antenatal Physiotherapy Education Session

In the body of the email include:

* Full name
* Ipswich UR number (if you know it)
* Date of birth
* Address
* Which month you would like to attend eg.. Please book me into the *April* session.

# Confirmation of booking

Once your email has been received and processed, which may take 1-2 weeks, you will receive a confirmation email & SMS reminder. If you haven’t received an SMS after 2 weeks of sending the email, please call ph. 3810 1355.