



HOW TO HEAL YOUR BODY AFTER THE PREGNANCY

23RD MARCH
THURSDAY
10.00 AM - 12.00 PM

Creche available


Contact Alicja to sign up

Email to: alicja@bhealthytogether.org.uk

Place: Gate 55, Sighthill Rd, Edinburgh EH11 4PB

Topics for the day:

- Hormones changes
- Nutrition- best diet for a mum
- Breathing techniques
- Postnatal exercise



Self-care goody bags
for everyone who attends



b
healthy
together