

re:fresh
your health and wellbeing

MOVEMENT & RELAXATION FOR NEW MUMS & MUMS TO BE



**HAVING A BABY IS OFTEN A VERY EXCITING TIME,
BUT IT CAN BE QUITE SCARY TOO!
NOW MORE THAN EVER THESE FEELINGS CAN BE
OVERWHELMING AND IT IS IMPORTANT THAT YOU HAVE
SUPPORT & THE OPPORTUNITY TO CONNECT WITH OTHERS.**

PREGNANCY PILATES

Strengthen important muscles that will help to avoid problems with body functions that occur during pregnancy and after delivery. A great way to ensure that you are maintaining good posture to support your growing baby- Suitable from 12 weeks of pregnancy



PREGNANCY GENTLE EXERCISE

Low level exercise session to adapt to each stage of pregnancy. Stay strong in preparation for labour and birth. Suitable from 12 weeks of pregnancy.



AQUA NATAL

Low impact session in water. Feel more energised, improve general wellbeing and help your body to prepare for labour and birth. Suitable for all stages of pregnancy and after 6-8 week check (12 weeks after C section)



PILATES FOR MUM & BABY

Connect with baby whilst aiding mums recovery after birth. Please note: This session can only accommodate baby up until they are rolling over.



GENTLE EXERCISE FOR NEW MUMS

Low level exercise for new mum's. Bond with baby and rebuild tummy, back and core muscles. Suitable from after 6-8 weeks check, 12 weeks C-section. Up to 1 sibling welcome



WALK, CHAT AND BREW

Our sessions meet in parks or green spaces for a gentle walk. A chance to meet other new mums and mums to be with older siblings in tow. Chance for a brew and chat with different parenting topics covered each week. Maximum 2 children to 1 adult. Up to 1 sibling welcome.



SCAN HERE FOR
OUR UP TO DATE
TIMETABLE



FOR MORE INFORMATION
PLEASE CONTACT US ON 01254 682037
OR WELLBEING@BLACKBURN.GOV.UK



START WELL BWD