

Mummy Movement

Intro to Physical Activity

Pre and Post Natal



Free for those who are pregnant, or have given birth in the last 12 months and:

- Live in North Somerset
- Are on universal credit or Healthy Start
- Have a BMI equal to or over 25

Or those who are currently attending or have previously attended pre/post-natal HEN



Fridays 9.30 – 10.30am

Hutton Moor Leisure Centre

Studio 2

Learn the fundamentals of movement at our weekly strength and mobility session. In a relaxed, supportive environment you can learn body weight and free weight techniques to reach your goals

Free for 12 weeks

For more information and to book please contact:

Zoe.oakley@n-somerset.gov.uk

Have you heard about the Healthy Start scheme?

You may be eligible for a pre-loaded card to spend on healthy food and milk, plus vitamins. Scan the QR code for information on how to apply:

