

EAST GRAMPIANS HEALTH SERVICE  
VALUE STATEMENTS



**INTEGRITY**

We value integrity, honesty and respect in all relationships



**EXCELLENCE**

We value excellence as the appropriate standard for all services and practices



**COMMUNITY**

We respect the dignity and rights of our community and acknowledge their beliefs, regardless of their cultural, spiritual or socioeconomic background



**WORKING TOGETHER**

We value equally all people who make a contribution to EGHS to achieve shared goals



**LEARNING CULTURE**

We strive to continually learn and develop through education, training, mentoring and by teaching others



Community Health Centre

Girdlestone Street, Ararat 3377

Office Hours:

**Monday to Friday**

**8:30am – 5:00pm**

Appointments are required for all post-natal pilates classes.

Appointments can be made in person or by calling **03 5352 9327**.

[physio@eghs.net.au](mailto:physio@eghs.net.au)



**POST NATAL PILATES CLASSES**

Having a new baby can be stressful and tiring but also equally exciting and fun.

Exercise has been proven to relieve stress, boost energy and promote better sleep.

This brochure aims to provide you with all the information on how to get started on your exercise journey post baby.





## What to expect:

Join us for 60 minutes of gentle strength, flexibility and pelvic floor safe exercises under the guidance of two Physiotherapists, trained in ante and post-natal care.

Our group classes are tailored to your goals and are suitable for post pregnancy and can be catered to you at any fitness level.

## Exercise can:

- Boost energy
- Help prevent post-natal depression
- Promote better sleep
- Relieve stress
- Help strengthen and tone your abdominals

## Requirements:

- A 1:1 assessment completed with our pelvic floor Physiotherapist prior to beginning the program is required
- Minimum of 8 weeks post-natal if you have delivered vaginally or 12 weeks if you have had a caesarean
- Clearance from your GP to begin physical activity

## Where? How long for?

A 10 week program delivered face-to-face located at the Community Health Centre. The program will run weekly on a Thursday afternoon. Each session will run for a duration of 60 minutes.

Delivered by Physiotherapists that have completed further training in ante/post-natal care.

## Cost

The cost of the program is \$50.00 for 10 weeks or alternatively you can pay per class at \$5.00.

## What to bring:

- Comfortable clothes to exercise in including appropriate footwear
- A drink bottle
- Toys/mat for bub to lie on during session
- A pram if your bub is mobile

**A mat and exercise equipment will be provided for you.**

