

Fit-ball Exercise in Maternity Care

Class A: 7, 14, 21 Jan 2016 (Thursday evening)

Class B: 4, 18, 25 Feb 2016 (Thursday evening)

Time: 6:15pm-8:15pm

Venue: G14, G/F (Lecture Room); Room 128A, 1/F (Skill Lab)

School of Midwifery, Prince of Wales Hospital, Shatin

Objectives

- ✓ To understand the benefit of fitball exercise for pregnant women
- ✓ To learn the application of fitball exercise to maternity care

Speaker

Ms Regina Leung, Registered Physiotherapist

Organizer

Department of Obstetrics and Gynaecology, The Chinese University of Hong Kong

Department of Obstetrics and Gynaecology, Prince of Wales Hospital, NTEC

Accreditation

6 **PEM** points accredited by Dept of O&G, CUHK



Registration and Enquiry

Mr. Brown Mak

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Registration Form

Surname _____ First Name _____

Title Dr. / Mr. /Ms _____

Specialty Midwife / Others: _____

Department _____

Ward _____

Organization (Hospital) Prince of Wales Hospital _____

Address _____

Tel _____ Fax _____

Email _____

Class Selection

Class A: 7, 14, 21 Jan 2016 (Thursday evening)

Class B: 4, 18, 25 Feb 2016 (Thursday evening)

Payment Method

Registration Fee HK\$600

Please return the registration form with payment (**non-refundable**) to
Miss Annie Yau, Dept. of O&G, 1E, Prince of Wales Hospital, Shatin, Hong Kong

By Cheque (Payable to **The Chinese University of Hong Kong**)

Cheque no.: _____ Bank Name: _____

By Credit Card (in Hong Kong Dollars only)

Visa **MasterCard**

Card holder's name (Block letter): _____

Signature: _____ Date: _____

Credit Card Number _____ Expiry Date (mm/yy)

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Please charge the above credit card of amount **HK\$600**