



POSTNATAL ME:

boobs, bits & baby brain

Tuesday 4th June | 6:30pm

DUNEDIN PARENTS CENTRE
155 Kenmure Road

Come along and learn how to look after **YOU** when baby arrives.

\$10 per person

For more info and to purchase tickets visit:

empowermefitness.co.nz

Our expert speakers will cover:

- exercise
- mental health
- pelvic health
- nutrition
- breastfeeding

Empower Me
♀ # FITNESS AND CONSULTING