



Introducing **EMBODY**:

Empowering Mothers toward Better health Outcomes During *the childbearing* Years

**EMBODY**- is a NSW Public Health Service first maternal health and wellbeing virtual program lead by the team of physiotherapists at the Royal Hospital for Women.

While pregnancy is not a health condition, women experience a deterioration in physical, mental and social health during their pregnancy that may not completely recover post-partum. The extent of health deterioration is comparable to the poorer health and function experienced by adults with heart disease and diabetes. A mother's gestational health additionally has long term implications to their own and their newborn's physical, mental and social development.

We, the RHW physiotherapy team, have tailored both prevention and treatment solutions for a more comfortable pregnancy, a more active birth and a speedier recovery after birth. We provide 4 antenatal and 4 postnatal virtual health sessions tailored to women's needs at different stages of their pregnancy and postnatal recovery. Both programs are interactive and designed to support the acquisition and implementation of important health behaviours to improve maternal health outcomes; such as pelvic floor exercises, exercise recommendations and optimising bladder and bowel health. Women are given the opportunity to complete surveys, which flag at-risk women to the physiotherapy department for individual antenatal and postnatal care.

We are passionate about ensuring that ***all women*** have access to essential health information at the most important times throughout their childbearing journey. Embody will empower your women with easily achievable lifestyle guidance based on the most up to date research, provided by expert physiotherapists so they can ***live their healthiest life***.

We need your help to inform of our classes women early into their pregnancy. Please see attached PDF to book your women into classes.

*\*Please note these sessions are for women giving birth at the Royal Hospital for Women only. No referral is needed, women will receive automatic SMS contact about the classes.*