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Bord Oideachais agus
Oiliúna Thiobraid Árann
Tipperary Education and
Training Board



THE MILLENNIUM FAMILY RESOURCE CENTRE

INVITE MUMS & BABIES TO JOIN AN EXERCISE AND NUTRITION COURSE COMMENCING THURSDAY JUNE 2ND FOR FOUR WEEKS

TIME: 10.00AM – 11.30AM

VENUE: ST MARY'S HALL, KILLENAULE

Returning to exercise after having a baby can be filled with a mixture of emotions and concerns. Make the return to exercise as smooth as possible!

There will be space beside each station for your little one, so you can workout knowing that your little one is safe beside you.

At the end of each class parents will be invited to have tea/coffee and chats. It's always nice to form a new mum and baby support group. Getting to know other mums in the area that you can call on if you need help with anything. This time after class will allow you (if you so wish to) to share stories (good and bad) get tips and tricks for a smooth sailing transition into motherhood or dealing with dynamics such as having a toddler and new baby.

Nutrition:

Work on a small manageable task each week. These tasks could be as simple as drinking a glass of water with each meal. etc. Sticking to these tasks will ensure you eat better, feel better and have more energy.

PLACES LIMITED
TO BOOK A PLACE OR FOR MORE INFORMATION
TEL: MARY @ 083 – 207 1368

E-Mail: familysupport@mfrc.ie