

Free Aqua-natal



Every Tuesday-7-8pm

**Bedwas Swimming Pool,
Caerphilly CF83 8BJ**



**Free 45 minute Aqua-natal and a
relaxation session with advice
about eating well in pregnancy.**

**For more information, please contact Healthy
Pregnancy Team to book a place**

**Tel: 0300 303 4906
(Option 3)**

