



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Caerphilly Pregnancy Walking Group



Meet at Morgan Jones Park (CF83 1AB)

Tuesdays 9:30-10:30

There are so many benefits to keeping active while pregnant.

Gentle, low impact exercise is best which makes walking ideal.
It's also a great way to meet other mums and find out some tips
about eating well in pregnancy.



**To book a place please contact the
Healthy Pregnancy Team on
0300 303 4906 (option 3)**