



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Newport Pregnancy Walking Group



Join us at Tredegar House, Newport (NP10 8YW)

Tuesdays 13:30-14:30

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) or scan the QR
code