



The SmartBump Program

An innovative lifestyle and wellbeing program for all women before, during & after pregnancy who want to take special care of themselves and their 'bump'.

- Qualified and experienced dietitian & physiotherapist
- Diet assessment and nutritional advice for your pregnancy
- Friendly & relaxed return to your pre-pregnancy fitness & figure
- Nutrition before & during breastfeeding
- Safe, controlled exercise including Pilates, Yoga & supervised pregnancy-specific fitness
- Advice/treatment of pregnancy-related aches & pains

Free Information Session

Venue : Smart Health Clinic

Saturday June 14th 9.30am-11 am

Saturday September 20th 9.30am-11 am

Saturday November 1st 9.30am-11 am

For bookings or for further information, please contact our friendly administration staff at

Smart Health Training & Services

08 8293 1100

