

Birth Ball Exercises in Maternity Care



Aim of the Workshop

To provide knowledge & skills on Birth Ball exercises in maternity care

Contents

- Principles in using Birth Ball
- Use of Birth Ball during pregnancy, labour & puerperium
- Practice on Birth Ball exercises

Speaker

Ms. Elva NG Advanced Practice Physiotherapist, Kwong Wah Hospital



12, 19 & 26 March 2026 (Thursday) / 18:30 – 20:30
D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai

Teaching Medium : Cantonese supplemented with English



Target Participants : Registered Midwives



Fee : HKD1,800 (Member); HKD2,700 (Non-Member)

Class Size : 16

Scan code to join
membership

CNE / CEM Point : 6 Points

Order form for birth
balls and yoga mats

Award : e-Attendance Certificate will be issued to those with 100% attendance

Remarks : Participants must bring along their birth balls and yoga mats to the class. You may purchase them through our association and pre-ordered is recommended. (HK\$350 for each birth ball, HK\$190 for each yoga mat). The size of birth ball is recommended in the following table.

BODY HEIGHT	BIRTH BALL SIZE
146cm-165cm	55 cm (S)
165cm-188cm	65 cm (M)

Payment Method:

Please enroll by using the QR code and make the payment within 7 days of your enrolment, or your application will be cancelled. All course fees are not refundable / transferable.



1 Bank Transfer to Dah Sing Bank

Online / Mobile Banking
Receiving bank 收款銀行 040 Dah Sing Bank, Ltd. 大新銀行有限公司
ATM
Account no. 收款賬戶號碼 59 103 0574 7
Account name 收款賬戶名稱 HONG KONG MIDWIVES ASSOCIATION

Please send the bank-in slip to us via
 Email: info@midwives.org.hk,
 WhatsApp: 9145 3581 or Fax: 2572 5329

2 By Cheque

Please send the crossed cheque
payable to

"Hong Kong Midwives Association"

D1, 13/F, Hyde Centre,
 223 Gloucester Road, Wan Chai
 Hong Kong

Enrollment Deadline :
5 March 2026 (First come first served)

Enquiry : Tel : 2893 8800 Fax : 2572 5329

Course content may be updated and please refer to our website for the latest information

