

## Birth Ball Exercises

香港



助產士會

## 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

**CNE / CEM Point** : 6 Points

**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.



Scan code to join membership



Order form for birth balls and yoga mats

## 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

Account no. 收款賬戶號碼  
759 103 0574 7

Payee's name 收款人名稱  
HONG KONG MIDWIVES ASSOCIATION

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

## 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

## 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

## e-Application Form



Scan Here

**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\*