



get fit • have fun • lose weight • make friends

Do you know anyone struggling with baby blues or post/ante natal depression?

This PND Support Scheme offers:

- One-to-one support from trained support workers •
 - Friendly and supportive exercise sessions •
- Initial meet up to find out how exercise can help PND •
 - Accompanied Fitmums sessions •
 - run, walk or buggy burn

This scheme is **FREE** - self referrals taken

We know PND is tough ... let Fitmums & Friends support you on a 'one to one' basis to take that first step to recovery



For further information please call

07870 654586

email: fitmumspnd@gmail.com



Fitmums PND Support



FitmumsF

www.fitmums.org.uk