

# Whittington Health

## MASSAGE & ACTIVE BIRTH FOR LABOUR

A WORKSHOP RUN BY LYNN MURPHY  
FROM THE ACTIVE BIRTH CENTRE

Massage therapy and the philosophy of Active Birth can be a wonderfully effective way to help you cope with labour. This workshop will help you and your support person prepare for the labour and birth of your baby together.

- A Monthly Workshop
- To book: call antenatal clinic 0207288 5586
- Attend: in pregnancy from 28 weeks +
- Venue: Parent-craft room, Whittington hospital
- Time: 2.30am – 4.30pm
- Open to all
- Cost: £40 for woman +1 Paid in cash at class
- & concession places – speak to your midwife



Massage for Labour Workshop

Location:

Parent Craft Room, Floor 5

Whittington Hospital