



Keeley Collins

Perinatal educator (Antenatal and postnatal)
covering pregnancy until baby turns 2 years old in
the Hertford, Ware, Hertfordshire & Essex areas.

Email:
keeley-collins@thedaisyfoundation.com

Phone: 07940 772 705

www.instagram.com/daisyhertfordware/

www.facebook.com/HertfordandWare/

**MOTHER
FIT**
MIND BODY SOUL

Trained with The Daisy Foundation in 2009. Refreshed again in 2018 (alongside additional yearly CPD's) to add on more support for new families to help cut through the overwhelm of those early days, weeks, months.

Helping you to understand birth, understand your choices and options - then parent in the way that feels right to you. Making decisions based on what works for you right now, having all the information you could possibly need to make your informed decisions, helping the journey ahead feel less daunting.

You've got this and we've got you!

DISCLAIMER

This video should not be taken as medical advice. This video offers pregnancy, post-natal health, fitness and lifestyle information for education only. You should not rely on this information as a substitute for or replacement of professional medical advice, diagnosis and treatment.

Visitors who rely on the information contained within it do so entirely at their own risk.

The Daisy Foundation / Mother Fit or anyone associated with The Daisy Foundation / Mother Fit will not be responsible or liable for any risk, injury or harm you sustain as a result of the information provided by this video, our website, YouTube videos, Facebook or Instagram pages.

Always consult a medical practitioner for specific advice tailored to your needs.

