

Gestational diabetes physical activity groups

Dear Mrs. ,

We are happy to include you in our physical activity groups given by physiotherapists in collaboration with the Service d'endocrinologie, diabétologie et métabolisme CHUV-PMU.

The physical activity groups are conducted twice a week, on Monday mornings and Friday afternoons. You may attend both sessions if you wish. The sessions last 1 hour and are run at Hôpital Nestlé, Pierre Decker, Lausanne, in the gym room on the 2nd floor (Nes 02-135). See the enclosed plan; it is close to the main CHUV building and opposite the maternity.

- ☐ **Monday mornings at 10h30 - 11h30**
- ☐ **Friday afternoons at 16h00 - 17h00**
- ☐ **Monday at 10h30 - 11h30 and Friday at 16h00 precisely**

We would be grateful if you could call our **physiotherapist on 079/556.07.92**, Monday to Friday from 08h00 to 17h15 should you not be able to attend.

We recommend that you bring with you a bottle of water and gym clothes. Showers are at your disposal on the same floor.

We will ask you to arrive 15 minutes earlier at your first physical activity session in order to collect the administrative documents (at the reception of the Maternité, 3rd floor, Avenue Pierre Decker 2).

For new mum who are participating to the postpartum group, you may bring your newborn baby (babies) with you, if you have no other alternative.

For women participating to the prenatal group and who have children, we kindly ask you find a child minder as the gym class is not adapted to care for children. If you have no alternative a children's play group is available next to the CHUV's visitors' car park entrance (Halte-Jeux); however places are limited and works on a first come basis; booking is not possible, so this option is not guaranteed.

Best regards.

Dr Jardena Puder

Enclosed: map of the CHUV