



# Get Berkshire Active

---

Secure your FREE place on the CPD accredited This Mum Moves educational programme.

- Date:** Thursday 12<sup>th</sup> March 2026
- Time:** 09.00am - 1.30pm
- Location:** Online via Zoom
- Request a place:** <https://forms.gle/7FV3CpXwpXmdifkXA>

**Find out more about This Mum Moves:**

[www.activepregnancyfoundation.org/thismummoves](http://www.activepregnancyfoundation.org/thismummoves).

