



**MALAYSIAN ASSOCIATION OF SPORTS MEDICINE  
(MASM)**



**PROUDLY PRESENT**

**MASM WEBINAR SERIES 4.0**  
**"POSTPARTUM HEALTH : THE ROLE OF EXERCISE"**



**24TH JANUARY 2025**  
**FRIDAY**  
**2.30 PM**



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**PARTICIPANTS**

**OPEN TO PUBLIC**



**SPEAKER**

**DR KAVITHA MAHADEVAN**

Sports Medicine Physician  
Certified Personal Trainer (ACE)  
Certified Pre and Post Pregnancy Personal Trainer (ACE)  
Certified Lifestyle Medicine Practitioner (IBLM)



**MODERATOR**

**DR NATALIE**

Sports Medicine Physician  
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