

**\*UPCOMING WEBINAR\* New Mums and Exercising**

**Wednesday 30th September, 11:00 – 12:00**

Sport Ireland are delighted to present this upcoming webinar as part of European Week of Sport. The ‘New Mums and Exercise’ webinar will be hosted by Fiona Opperman of Dublin Sports Clinic. The discussion panel will include Lynn Cantwell (Former international Rugby player), Tarja Owens (Biking.ie) and X.

Questions and topics discussed and answered on the day will include:

- How can we start to get active?
- Myths and truths.
- The realities of pregnancy: physical, mental and social.

This webinar is aimed at anyone engaged in Sport, anyone who likes to participate in the Outdoors, female athletes of all levels. All participants must register to attend this webinar. Places are limited and interested participants are advised to register as soon as possible by clicking [HERE](#) .

	<p><b>Fiona Opperman</b> <i>Co - Founder of Dublin Sports Clinic</i></p> <p>Fiona is a Sports Therapist and Strength and conditioning coach and founder of the Dublin Sports Clinic. She is a former International athlete, who has won many national sprint titles and representative honours at both junior and senior level. She has a special interest in pre and post-natal training and is passionate about the role of exercise in both a healthy pregnancy and post-natal recovery. With 10 years’ experience working with female clients and athletes, and as a mum to a 1 year old boy, brings her clinical expertise and personal experience to her coaching, programming and education. Fiona has a degree in Sport &amp; Exercise Management from UCD and a Masters in Exercise Physiology from Trinity.</p>
	<p><b>Tarja Owens</b> <i>Co - Founder of Biking.ie</i></p> <p>Tarja Owens, co-owner and director of Biking.ie - Ireland’s premier agency for all things biking related, is a highly proficient and well known competitive cyclist and has been an athlete for over 27 years. Biking.ie delivers world class events, provides high end coaching, run courses and rent bikes throughout the Wicklow and Dublin mountains. Tarja’s background in sport and her knowledge of the athlete world was a huge help with her practice as an osteopath operating out of Roundwood, Wicklow. Tarja is still providing and delivering courses for Cycling Ireland and through her own business.</p>
	<p><b>Lynn Cantwell</b> <i>Former International IRFU Player</i></p> <p>Lynne Cantwell is an Irish rugby union player. She is Ireland's most capped female player. In 2019, she was on the first panel to determine the World Rugby women's-15s player-of-the-year award. Cantwell has a Sports and Exercise Science degree from the University of Limerick and a Masters in Physiotherapy from Southampton University. As of 2019, Cantwell is a member of the board of Sports Ireland.</p>