



Emily Wannenburg

PRESENTER EDUCATOR
MENTOR



A Perinatal Fitness Professional and South African Trained Nurse and Midwife, Emily founded 4th Trimester Fitness® Method, a company devoted to the physical and educational preparation for labor, birth and postpartum.

Combining her 30+ years of professional expertise to "Improve Birth through Movement and Education", she is a popular speaker known for her "hands-on-get-up-and-move" approach to sharing information and firmly believes that when you teach one, you reach many!

RETIRED NURSE MIDWIFE
PERINATAL FITNESS EXPERT
DNDM CLC HBCE ADV CD(DONA)
CEO OF 4TH TRIMESTER FITNESS METHOD



PAST PRESENTATIONS

Topics available upon request

- 2023 ACNM National Conference (Orlando, FL)
- 2022 ACNM National Conference (Chicago, IL)
- 2022, 2023 Happy Mama Virtual Conference
- 2022 East TN Spine and Sport (Knoxville, TN)
- 2021, 2022, 2024 Lamaze Advocacy Summit (Virtual)
- 2021, 2022 DONA International Summit (Virtual)
- 2021 Ascension Health Nursing Inservice
- 2021 Florida Council of Nurse Midwives (Jax, FL)
- 2020 AWHONN Regional Section Conference (TN/AL/MS) (COVID canceled)
- 2020 AWHONN: North East Florida Region (Jax, FL)
- 2020 DONA International Summit Conference
- 2019 BWI: Birth Works International
- 2019 Lamaze Live! (Pittsburg, PA)
- 2019 DONA International Summit (Houston, TX)
- 2018 ICEA Annual Conference (Louisville, KY)
- 2018 DONA International Summit (Ft. Lauderdale, FL)
- 2017 AWHONN FL State Conference (Ponte Vedra, FL)
- 2015, 2016 FSIL Nursing School (Haiti)
- 2013- Present Various DONA Birth Doula Training, Guest Presenter

CEC PROVIDER FOR NASM/AFAA & ICEA:

- Labor Tools for Birth Pros
- Birth Ball Basics
- Postpartum Recovery Fitness
- Pelvic Floor, Core & More

Contact: 336-813-0223 | emily@4tfm.com



www.4tfm.com



4thTrimesterFitnessMethod