



PELVIC HEALTH &
REHABILITATION CENTER

ARE YOU PREGNANT? JOIN US!

“PREPARING YOUR BODY DURING AND AFTER PREGNANCY: SET YOURSELF UP FOR SUCCESS”

Join us for this FREE, 2-part class hosted by the pelvic floor physical therapy specialists from the Pelvic Health and Rehabilitation Center. Learn how to prepare your body for pregnancy, labor, delivery, and the post-partum period. We'll discuss what your OBGYN doesn't tell you about your pelvic floor muscles and what to expect after baby comes. We'll teach you protection strategies for your pelvic girdle and pelvic floor muscles, safe exercises during your pregnancy and after, and ways to help decrease intervention during the delivery. Whether this is your first baby or your fifth, join us and your partners are welcome as well!

Light refreshments will be served

Part 1: Thursday, Nov 3 and Thursday, Feb 2 at 6:30 pm

“Pregnancy 101: Everyday Changes”

Part 2: Thursday, Nov 17 and Thursday Feb 16th at 6:30 pm

“What to expect during labor, delivery, and post-partum: A Healthy Recovery”

RSVP: info@pelvicpainrehab.com or 415-440-7600 *



THE PELVIC HEALTH & REHAB CENTER
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* SPACE IS LIMITED!