

# FREE PREGNANCY WORKSHOP

## *PRESERVE YOUR BODY DURING & AFTER PREGNANCY*

The childbearing years are probably the most exciting, but also the most challenging years of women's lives. We have to juggle family life, work and caring for a baby while operating on interrupted sleep!



The female body undergoes tremendous change in this time. We gain 15-80lbs in a 10- month period and then lose it again - hopefully! Not to even mention the amount of stretching and straining our tummy- and pelvic floor muscles go through! When we are at our weakest – just after delivery - we have to care for a totally dependent new baby! This is the classic set-up for injuries, BUT with the right planning and advice beforehand, we can greatly reduce the risk of injury!

The main objective of this workshop is to empower women with the knowledge of how to prevent the most common injuries/ ailments that often accompany pregnancy, but more so, the postpartum period. We want all moms to be PAIN-FREE and feeling great about themselves in order to enjoy their time with their babies to the fullest!

### YOU WILL LEARN:

- *Easy adjustments to ordinary activities (feeding, bathing, diapering, lifting and carrying) to reduce strains on the spine and pelvis*
- *Quick self-treatment techniques for neck, midback and lower back pain*
- *Gentle, but good tummy exercises to shorten tummy muscles to its original length*
- *Correct pelvic floor exercises*
- *Advice about self-care and when to seek treatment*

Please join us **EVERY LAST SATURDAY** of the month (unless otherwise stated) from **3-5pm** and learn how to preserve your body during and after pregnancy!

Please call us at **218 3660** or email us at [handsonpt@mac.com](mailto:handsonpt@mac.com) with your name, e-mail and telephone number and the day you'll be attending. Space is limited, therefore we need to know how many people will be attending.

*See you soon!*

### Dates of upcoming workshops in 2011:

Saturday 08/27/11  
Saturday 10/01/11  
Saturday 10/29/11  
Saturday 12/03/11