

Postpartum Workshop: Feel Better In Your Body

- Learn how to begin core stabilization exercises safely
- Learn how daily living affects urinary leakage, prolapse, abdominal separation and pelvic health
- Learn how to decrease pelvic pain



ALIGN
INTEGRATION . MOVEMENT

APRIL 25, 2020 | 9:30-NOON | \$40

231 E 2100 S, STE 100 SLC, UT

REGISTER ONLINE: WWW.ALIGNFORHEALTH.COM/WORKSHOPS

SUSAN MCLAUGHLIN, PHYSICAL THERAPIST