

A PELVIC PT AND POSTNATAL WELLNESS EXPERT PRESENT:

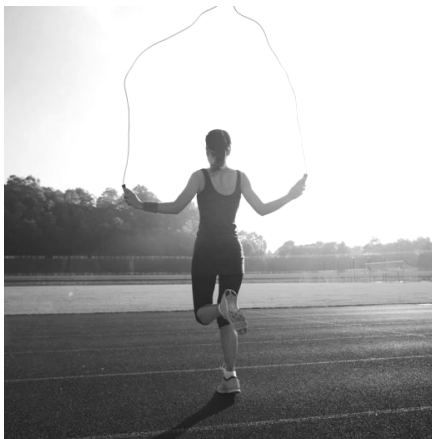
STILL PEEING YOUR PANTS? BELLY STILL LOOK PREGNANT?

THEN DO NOT MISS...

PELVIC FLOOR, CORE & MORE WORKSHOP

YOU WILL LEARN

- * Why this is happening
- * Small, helpful changes to your everyday activity
- * Get assessed for diastasis recti (ab separation)
- * How to get back to feeling like you again



Diastasis Recti

REGISTER TODAY:

bit.ly/CoreWorkshop

MAY 8TH 12:30 - 2 PM

HAPPY KIDDS DENTAL

100 HUDSON ST

3RD FLOOR

HOBOKEN, NJ

BABIES WELCOME