

Body Preparation for the Best Birth Possible

TAUGHT BY A PELVIC FLOOR PHYSIOTHERAPIST

2 options for date and location

Second Wednesday of the month

@ Markham Stouffville Hospital (AMU Room, 4th Floor)

Second Thursday of the month

@ Markham Pelvic Health (4591 Hwy 7 Unit 115)

Time

5:30–8 pm

Cost

\$75

Topics and Activities:

- Physical Changes during Pregnancy
- Exercise Safety during Pregnancy
- Stretches for Pain
- Positions for Birth
- Strengthening Tips
- Perineal Stretching to reduce birth injury

Registration

markhampelvichealth.com

(Please click on book an appointment, and choose the location you wish to attend)

In partnership with:

