

# Pregnancy & Post-Partum Complimentary Workshops



**Call or Email to Register!**  
**\*\*Space is Limited\*\***

**Phone: (267) 282-1301**  
**Email: [info@rebalancept.com](mailto:info@rebalancept.com)**  
**[www.rebalancept.com](http://www.rebalancept.com)**

- Nov 11<sup>th</sup>, 2016 at 1pm  
Location: Mama's Wellness Center in Philadelphia
- Jan 12<sup>th</sup>, 2017 at 6:30pm  
Location: Narberth Office
- Mar 21<sup>st</sup>, 2017 at 6:30pm  
Location: 12<sup>th</sup> Street Gym in Philadelphia
- Apr 20<sup>th</sup>, 2017 at 6:30pm  
Location: Narberth Office
- Jul 20<sup>th</sup>, 2017 at 6:30pm  
Location: Narberth Office

# Our Expert Speakers



**Hina Sheth**  
MS, PT, OCS, MTC



**Stephanie Muntzer**  
MPT, CPI, FMSc, SFMA



**Elayne Geba**  
PT, DPT, WCS

## Topics Covered:

- Low Back, Hip, Pelvic and Tailbone Pain Prevention and Treatment
- How to Prepare for Delivery
- Guidelines for Exercise During and After Pregnancy
- Muscle Injury/ Tightness/ Weakness, Before and After Birth
- Diastasis Recti Prevention and Treatment
- Post C-Section/ Perineal Scar Treatment
- Preventing or Alleviating Incontinence, Prolapses and Pain with Intercourse
- Pelvic Floor Prevention and Treatment