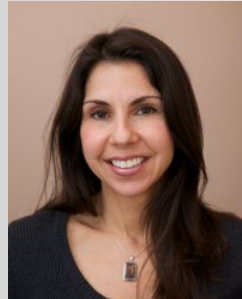




Meet the Clinicians

Hina Sheth
Owner
MS, PT, OCS,
MTC



Jacquelyn
Suniaga
PT, MPT

Stephanie
Muntzer
MPT, CPI, FMSc,
SFMA



Elayne Geba
PT, DPT, WCS



2016 Spring Workshops

- ❖ Back Pain & Sciatica
- ❖ Pelvic Pain
- ❖ Pregnancy & Post Partum

This series of FREE workshops is designed to help you make better decisions about your health!

SIGN UP TODAY!

Narberth Location
319 Price Avenue
Narberth, PA 19072

Call 267-282-1301 or
Email

rebalancept@gmail.com

to register

*Limited 10 people per event



Back Pain & Sciatica Complimentary Workshop

Date: May 12, 2016

Time: 7-8pm

For people who:

- Want to know the 3 most common reasons for pain in back and legs
- 4 easy ways to know if you are using your core muscles appropriately
- 3 most important things to address when dealing with your low back pain



Pelvic Pain Complimentary Workshop

Date: May 19, 2016

Time: 7-8pm

For people who:

- May be experiencing pain in your rectum, tailbone, perineal, bladder, and private parts.
- Experience painful intercourse
- Experience pain while sitting
- Can your pelvic floor muscles be affecting your low back pain?



Pregnancy & Post- Partum Complimentary Workshop

Date: June 23, 2016

Time: 7-8pm

For people who:

- Want to know the common issues with pregnancy and post partum
- Experience lingering back, hip, pelvic, or pubic pain and pain with sex
- Are ready to workout without injuring yourself
- 2 tests for determining if you have a diastasis and should be worried about it