

# Postpartum Health for Moms

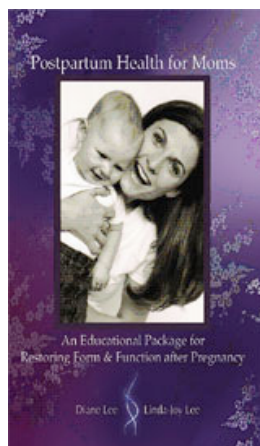
Presented by: Angela Ozero, MScPT  
C/O: Diane Lee, PT and Linda-Joy Lee, PT

**This program is designed to educate you on the non-optimal core stability and movement patterns adopted by postpartum women and how they result in the following conditions:**

- incontinence**
- rectus diastasis**
- sacroiliac joint pain and dysfunction**
- low back pain**
- hip pain**
- pelvic organ prolapse**

**If these non-optimal core stability and movement patterns aren't addressed, they can result in the above conditions becoming chronic problems.**

**This 2 hour course includes an individual hands on assessment and individually customized exercises to help you regain optimal function postpartum. Participants can come with or without baby. Physiotherapy receipt available for extended health benefits.**



Cost: \$30

# of Participants: 2-4/course

Time: 10am-12:00pm

Dates: Saturday October 4, 2014  
Saturday November 1, 2014  
Saturday December 6, 2014  
Saturday January 3, 2015  
Saturday February 7, 2015  
Saturday March 7, 2015  
Saturday April 4, 2015  
Saturday May 2, 2015  
Saturday June 6, 2015

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