

# Join us for an evening with

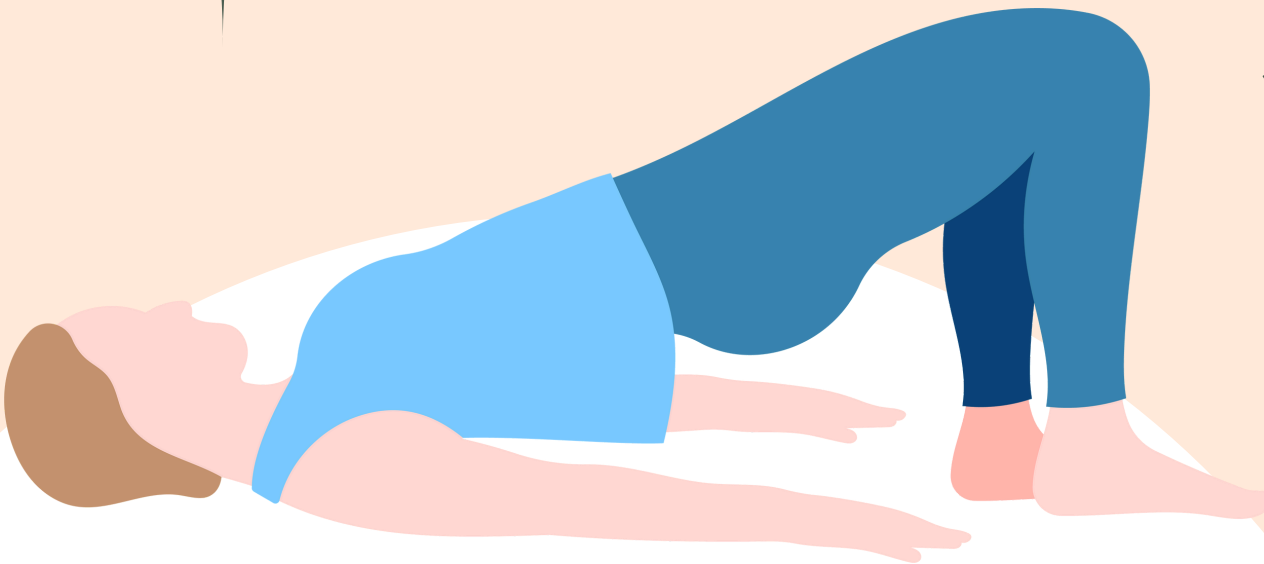


*Mind Body Pelvis*

Pelvic Floor Physical Therapy

Join in person or virtual  
Thursday, June 13, 2024, 7pm

100% of the proceeds  
will be generously  
donated to PWHC!



## WHAT YOU'LL LEARN:

- Knowledge of your pelvic floor and how it functions during pregnancy and postpartum
- Signs of pelvic floor dysfunction
- Stages of labor and pushing mechanics
- Postpartum recovery and empowerment

*Postpartum Wellness  
of Hunterdon County*



@POSTPARTUMWELLNESSHC  
@MINDBODYPELVIS