

# ***Mums and Bubs***

## ***Post-natal Pelvic Floor and Core Workshop***

***This workshop is presented by our Physio Tusanee.  
Bring along Bub!***

Learn about...

- post-natal pelvic floor anatomy
- how to manage the post-natal pelvic floor
- how to manage abdominal separation
- how to safely return to and modify exercise

***Wear comfy clothes and  
bring a yoga mat or towel.***

Saturday 14 April 2018

10am—12.30pm

55 Thornley Street Leichhardt

*Enter via side gate on Cary Street*



Cost: \$20 (\$10 concession)

Payment is required on booking

*\*fees negotiable if difficult to pay*



Leichhardt Women's  
COMMUNITY HEALTH CENTRE



lwchc

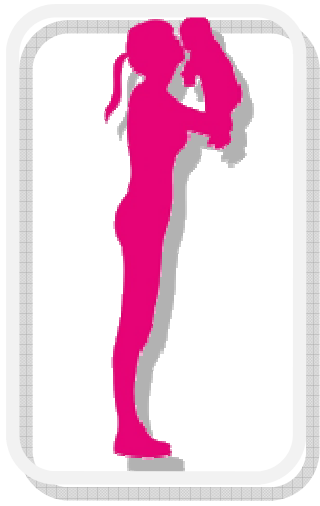


@lwchc www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

**call us to make your booking**

**9560 3011**



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