



MY BODY AFTER BABY

A CLASS TO HELP WOMEN FEEL THEIR BEST **AFTER HAVING A BABY**

If you recently delivered a baby and are experiencing or concerned about back, abdominal, or pelvic pain or bowel and bladder control issues, we have resources to help you.

Our caring team of physical therapists will share practical information and exercises you can do after delivering your baby. You will learn more about:

- Returning to normal bowel and bladder function
- Managing postpartum back, abdominal, and pelvic pain
- Improving posture and body mechanics while caring for your baby

The class is offered in a small-group setting for women in their first 6 months after delivering a baby or third trimester of pregnancy. Sorry, gentlemen, this class is for women only.

Dates:

The second Tuesday of every month

2:45 p.m. to 4:15 p.m.

Location:

Westside Medical Office
2875 NW Stucki Ave., Hillsboro, OR

For more information or to register, talk to a member of your health care team.

There is no cost to attend.

