



presents

Healthy Pregnancy



Congratulations on your pregnancy!!

*This should be the happiest time
of your life, yet statistics show
that...*

- *84% of women experience back pain at some time during their pregnancy*
- *Many pregnant and postpartum women develop common musculoskeletal conditions, such as carpal tunnel syndrome, sacroiliac joint and pubic pain, and upper back and neck pain*



The foremost way of dealing with the pains related to pregnancy is prevention.

Join us for a fun evening with other expecting parents to

- Learn how to protect your body for a healthy and pain-free pregnancy and prepare for parenthood in general
- Decrease the likelihood of time away from work or away from friends and family due to pain
- Begin developing your resource network
- Share your pregnancy experience





What can I expect from "Healthy Pregnancy"?

This is an informal session that will provide you, the expecting parents, with essential information about the causes of musculoskeletal injuries and pain during and after pregnancy, and how to prevent them.



We recommend that you and your spouse or significant other attend together and..

Participate in an

- **Interactive PowerPoint presentation** led by a licensed physical therapist for a small group of couples
- **Open Discussion** about various pains, situations, postures, body mechanics, baby gear, and more

Receive a comprehensive booklet that contains

- **Practical information** about the proper handling of your baby and baby gear to help prevent neck, back, and wrist injuries
- **Extensive list of resources** for information related to pregnancy, newborns, parenting, baby gear, Web sites, magazines, local support groups, local specialists, and so forth
- **Informative pictures** for quick reference, and much more

"I had no idea about the stresses and changes my wife would go through during pregnancy and postpartum and am so happy to be prepared as a result of this great workshop. Thank you!"

"I wish I had known about this fun and informative workshop before I delivered."

"I am so glad I attended this workshop during my pregnancy. So many moms in my mom's group are struggling to find time and energy for doctor and physical therapy appointments with a newborn, and I feel great!"



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