



A Free Community Education Seminar

Healthy Pregnancy & Post Pregnancy Wellness



Irina Stiasny PT, DPT,
PES, FMS-C



Alicia Hernandez PT, DPT,
CSC, FMS-C, CKT-P

November 13, 2017 at 6:00 pm
263 N. Mathilda Avenue, Sunnyvale, CA 94086

- Learn how to reduce back pain as your pregnancy proceeds
- Understand proper mechanics for transferring your newborn
- Enjoy a healthy, pain free pregnancy from conception to birth
- Get the best pre-natal/post-partum wellness program

Join us and other expecting moms to learn how to have a pain-free and healthy pregnancy! Our Physical Therapists, Irina and Alicia, are experienced clinicians who have treated young moms through every step of the pregnancy process. Come learn how to relieve back pain, sleep comfortably and enjoy every stage of your pregnancy.



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