



GET YOUR BODY BACK



Tips & Exercise for Post-Partum Moms

It is open to new moms within the first year of childbirth.

This **FREE** one hour lecture will be instructed by a physical therapist specializing in women's health rehabilitation. The course will cover proper positioning, body mechanics and posture to be more comfortable caring for your newborn, initial exercises to engage your abdominals and pelvic floor, and general exercise guidelines to return to your previous level of fitness. Your questions and suggestions are welcome. Class is held every 3rd Wednesday of each month from 12:30 p.m. to 1:30 p.m.

Instructor: Nancy Potter, PT, Exeter Hospital Outpatient Rehabilitation.

To register please call the Information & Referral Center at 603-580-6668.