



**NEXT WORKSHOP:**

**OCTOBER 9<sup>TH</sup> 10 AM – 12 PM**

**PELVIC HEALTH DURING  
PREGNANCY AND  
POSTPARTUM**

Meet physiotherapist, Jennifer Mildon, at the Mothering Touch Centre for an informative workshop about pelvic health during pregnancy and postpartum. This class is intended for pregnant people (at any stage in their pregnancy) and is designed to provide you with tools and tips to stay active during pregnancy and to optimize your postpartum physical recovery. You will leave this class feeling confident and prepared for the fourth trimester.

**Jennifer Mildon is a registered physiotherapist who treats pelvic health conditions. Jennifer practices at Diversified Health Clinic in Victoria.**

**TOPICS COVERED**

---

**Anatomy and  
function of the  
pelvic floor**

---

**Physical changes  
to the pregnant  
and postpartum  
body**

---

**Exercise during  
pregnancy and  
postpartum**

---

**Safe body  
mechanics**

**THE MOTHERING  
TOUCH CENTRE**

733 Johnson St (suite 112)

