

Pelvic Floor Education For Expecting Mommas

Did you know?

Every woman in France

sees a Pelvic Floor Specialist after giving birth.



...women in the US return to exercise and physical activity without the adequate knowledge and resources. This can cause undue damage to their bodies which may manifest as pain and dysfunction immediately, with a subsequent pregnancy, or 5+ years later.

A Solution:

Adequate knowledge and resources.

I help the active woman navigate pregnancy and postpartum so she can safely get back to her active lifestyle and feel like herself again.

- Dr. Carolyn Yates



Come learn about your pelvic floor!

- **Why:** To learn about your pelvic floor, how to proactively prevent injury and dysfunction, and **return to exercise and activities safely and efficiently postpartum**
- **When:** November 9th, 2019 from 10-11:30
- **Where:** Postpartum Wellness Center/Boulder - 2300 Canyon Blvd, Suite #5
- **Who:** Women who are currently pregnant or newly postpartum mommas
- **What:** General pelvic floor education and an introduction to Dr. Carolyn Yates' postpartum rehabilitation protocol