

Are you in your 2nd or 3rd trimester of pregnancy?

Join us at Origin Health for a
**Physical and Emotional Pregnancy
Health Workshop**

WHAT TOPICS ARE COVERED?

Physical Health Topics

Diastasis Rectus Abdominus, Pelvic floor weakness, Urinary incontinence prevention, Pelvic and Back pain management (eg. Posture, breastfeeding positions)

Emotional Health topics

Postpartum depression, Anxiety and Fear, Relationship transitions with partners/families and tips for healthy attachment with baby

WHERE IS IT?

Origin Health Westgate
#200-20395 Lougheed Hwy Maple Ridge, BC V2X 2P9

WHEN IS IT?

Wednesday **Jan 25, 2017 7-8:30pm** (Expecting moms only)
AND CONTINUES ON
Wednesday **Feb 1, 2017 7-8:30pm** (Couples encouraged)

WHO IS FACILITATING IT?

Sheree Budgell, PT and Esha Chakraborti (Registered Clinical Counsellor)

HOW DO I SIGN UP?

Please call (604) 465-4263 to register. Seating is Limited!
*\$5 min **donation** recommended for local transition house
Light refreshments are provided

