

TOPICS COVERED

- **GENERAL ACHES & PAINS**
- **BENEFITS OF BREATHWORK**
- **CAR SEAT HACKS**
- **BEST FOOTWEAR FOR BABIES**
- **URINARY INCONTINENCE**
- **PROLAPSE**
- **DIASTASIS**

**FIRST THURSDAY OF EACH
MONTH**

10AM-10:45AM

POSTPARTUM

EXCELLENCE

FOR MOMS & BABES 0-12 MONTHS

PREGNANT MOMS WELCOME!

SMALL CLASS SIZES!

FOR MORE INFORMATION:

204-951-6887

WWW.AFCHEALTHGROUP.COM

LOCATION: 1200 WAVERLEY ST. UNIT 8