

# **POSTNATAL EXCELLENCE**

## **INCLUDES:**

- **ACCESS TO OUR MONTHLY CLASS**
  - **IN PERSON & VIRTUAL OPTIONS AVAILABLE!**
  - **TOPICS VARY: DIASTASIS, PROLAPSE, INCONTINENCE, COMMON ACHES & PAINS, SELF TREATMENT TECHNIQUES, ETC.**
- **ACCESS TO OUR PRIVATE FACEBOOK GROUP**
  - **WEEKLY CHALLENGES AND GOALS**
  - **POSTNATAL HEALTH AND EXERCISE TIPS**
- **MONTHLY ZOOM OFFICE HOURS**
- **COMMUNITY VIBE**

**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**