

# Beyond Basics Physical Therapy



## MAMAS 101



A free educational series for mamas focused on improving function during pregnancy, birth and the postpartum period

**April 8**

6 PM

### **Feeling Good while Pregnant**

Learn how to ease pregnancy-related pain and optimize your function during hormonal and physical body changes.

**April 15**

6 PM

### **Strategies to Prepare for Birth**

Come learn how Physical Therapy can help optimize your strategies and prepare you for labor & delivery.

**April 22**

11 AM

### **Recovering After Birth**

Learn how to navigate the wide spectrum of changes in the postpartum body and restore pelvic and core stability. Come dressed to move and bring your little one.

**April 29**

11 AM

### **Exercises for Postpartum Mamas**

Learn simple techniques to help reconnect to your postpartum body. Come dressed to move and bring your little one.

156 Williams Street, Suite 800  
(212) 267-0240

RSVP & more info at:  
[Mamas101.eventbrite.com](https://www.eventbrite.com)