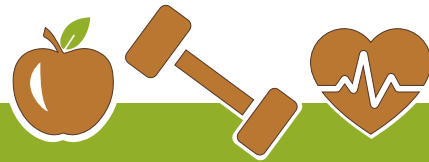


A six week course for . . .

Postpartum moms



*Hosted by the HRRMC
Physical Therapy Obstetrics team*



Thursdays, 1–2 p.m.

Classes begin September 3

- Regaining strength
- Addressing pain
- Urinary incontinence
- Physical therapy
- Exercise and movement
- Nutrition
- Sexual health

Classes held at the HRRMC Outdoor Exercise Pavilion and the
Wellness Demonstration Kitchen • 2nd floor, 1000 Rush Dr. Salida CO

*Adherence to safety measures will be practiced including social distancing,
wearing of masks, and screening for symptoms consistent with coronavirus.*

All classes are FREE.

Space limited to 20 participants.



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

Visit hrrmc.com/events and toggle to September 3 to register.