



KEEPING YOU WELL THROUGHOUT THE RACE OF LIFE.

Intro to Pelvic Floor

Join Women's Health Physical Therapists of Marathon Physical Therapy and Sports Medicine as they teach an informative, educational class about pelvic floor function and dysfunction.

Learn to identify muscles and bony structures as well as understanding appropriate exercises for optimal rehabilitation.



Current Programs (Newton):

| | |
|-------------|---------|
| January 11 | 10:30am |
| January 20 | 6:30pm |
| February 8 | 10:30am |
| February 24 | 6:30pm |
| March 8 | 10:30am |
| March 17 | 6:30pm |
| April 5 | 10:30am |
| April 21 | 6:30pm |

* The cost of the class is \$50.00. Please inquire with your therapist to see if the class can be covered by your insurance company. Please pre-register with the front desk.

Look for updates on the Marathon Facebook® page
and follow the program on Twitter®.