

ZEST

Physio Pilates Health

FREE

Information Session
For Mums and Mums-to-be

SAFE RETURN TO EXERCISE AFTER BABY

When: Wednesday 5th June 11am

**Where: ZEST Physio Pilates Health
225 Park St, South Melbourne**

Registration required: info@zestpph.com.au or 9077 2885

Light refreshments provided. Babies welcome

**Join us for an informative and relaxed
session presented by Physiotherapist,
Michelle Henneman**

Topics will include:

- Guidelines for return to exercise post baby to minimise risk of injury
- Common issues such as back injury, pelvic floor dysfunction, and abdominal muscle separation
- When/How to safely return to running or competitive sport
- Discussion of any exercise related questions during this sometimes confusing time!