

# CORE TO FLOOR

introductory class

Free

**PLEASE TELL YOUR FRIENDS  
AND FAMILY TO JOIN US  
FOR A NEW CLASS!**

Tuesday, November 13th  
5:15pm - 6:00pm

- ✓ strengthen pelvic floor and core muscles
- ✓ relieve low back pain
- ✓ prevent urinary leakage-  
Leakage is not "Normal"

Midwest Physical Therapy  
11640 Arbor Street Ste 200

Class size limited, please RSVP to: 402-933-8383

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