

Midwest Physical Therapy

Upcoming Events

**January
15th**

**February
20th**

**Introductory
Core to Floor
Classes**

5:15-6:00 pm
NO cost!!

Free instruction in Beginner level exercises to strengthen Pelvic floor and Core muscles, and relieve Low Back pain.

Class size is limited. To RSVP for either date, please call 402-933-8383

11640 Arbor St, Suite 200 Omaha NE, 68144