



INTRODUCTORY CORE TO FLOOR CLASS

**MONDAY,
JULY 15TH**

**TUESDAY,
AUGUST 13TH**

5:15-6:00 PM



Have you ever experienced leakage from coughing or sneezing? Strengthening the muscles in your pelvic floor and core can prevent this from happening!

RSVP by phone or email to attend a FREE class to learn beginner level exercises to strengthen your muscles.

Midwest Physical Therapy
11640 Arbor st, Suite 200
402.933.8383
mpts@midwestpts.com