

The Pelvic Floor and Core

- Understand how the Pelvic Floor and Core muscles work.
- Learn what influences the functioning of the Pelvic Floor.
- Learn exercises to promote strength and optimal performance of the Pelvic Floor and Core.



Wednesday, October 25th

6:00 pm – 7:30 pm

Dr. Kim Richards, PT, DPT, OCS

Physical Therapist from ***A Step Ahead Physical Therapy***

FREE and open to the public

Please bring a yoga mat or towel for the exercise portion of the workshop

Atlanta-Fulton Public Library

MILTON BRANCH

855 Mayfield Road, Milton, GA 30009

For more information call

404-613-4402

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