

Prenatal Exercise

A FREE VIRTUAL PRENATAL EXERCISE CLASS

Third Thursday of Every Month

1:00-2:00PM

Call 530-582-7421 to register



Equipment needed: Swiss exercise ball, long piece (6-7 feet) of low resistance thera-band and a mini band.

COME LEARN:

- The best exercises for you during your pregnancy in a safe and fun environment.
- How to decrease the occurrence of common pregnancy-related conditions such as: low back pain, pubis separation/instability, bladder control, abdominal separation, gestational diabetes, and more.
- How to improve posture, strength, alignment, hip, and lumbar mobility.

TAUGHT BY: *Celeste Leon, MS, PT*

Celeste has extensive experience in treating pregnant women and new mothers with lower back pain and associated conditions. She has been treating pelvic floor concerns since 2015.

**Pre-registration is required.
Call Tahoe Forest Therapy Services
at 530-582-7421 for equipment and
registration.**



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