

Postpartum Exercise and Education

A FREE VIRTUAL POSTPARTUM EXERCISE CLASS

**4th Thursday of Every
Month**

Call 530-582-7421 to register



This class is designed to provide education and exercises with a focus on getting mothers back to exercise safely while learning to tackle things like back or neck pain, wrist pain, abdominal separation and even bladder control when sneezing or running.

For the best experience we suggest:

- Laptop or desktop computer with camera and speakers or earbuds for audio to participate in classroom education and exercise instruction when moving around
- Space the size of a yoga mat where you can see your computer screen and practice the exercises
- Yoga/Swiss exercise ball
- Long piece (6-7 feet) of exercise band
- Circular mini band
- Tennis ball

TAUGHT BY: *Jillian Davison, DPT*

Jillian's experience includes treating a wide range of orthopedic diagnoses and sports injuries. She also has a focus in pelvic floor rehab and enjoys working with pre and postpartum women.

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

