

WANT A HEALTHY PREGNANCY?

MOTHERWELL YOGA®

CAN HELP YOU

BENEFITS

- Strengthen and tone muscles affected by pregnancy and childbirth.
- Learn important health and nutrition tips.
- Prevent and alleviate back problems, ankle swelling and other pregnancy-related symptoms.
- Interact with other expecting and new moms.

The medically proven Motherwell programs are offered through prestigious healthcare and fitness facilities nationwide. Motherwell Yoga® follows the safety guidelines of the American College of Obstetricians and Gynecologists.

Martin Memorial Wellness Center

For information or class location

call (772) 781-2722

Classes provided by Francine Banasiak, RN, PhD

Complementary Health and Wellness, LLC Maternal Specialist



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