



Birth Empowerment Training

A Prenatal Yoga, Physioball, and Pelvic Health Exercise Training Program

" I wish I had this class with my other two pregnancies. Jill does a wonderful job! " -Jessica



- **When:** Online live or in-person; Tuesday evenings 5:45-7pm. Classes meet weekly throughout the year. Times may vary.
- **Who:** Classes are designed for pregnant women (2 to 42 weeks gestation) who are medically cleared to exercise.
- **What:** Each class includes gentle strengthening, stretching, and relaxation training. Research finds women who participate in prenatal pelvic health education and exercise classes experience more gentle births and recoveries postpartum.
- **Cost:** 300 dollars for 6 weeks.
- **To Join:** Visit www.wellwomanpt.com to join. Class size is limited!

BET is Ideal for birthers who feel anxious about birth and want to feel confident, ease pregnancy aches and pains, who desire a gentler birth and know how to prevent and treat incontinence, prolapse, diastasis rectus, and pain after birth. Classes are educational in nature and not meant as a substitution for medical care or physical therapy.

Each week's class varies as topics and discussions vary per class interest. Regular weekly attendance throughout pregnancy will give you maximum benefit.

Classes are led by Jill Newcomb-Campanelli PT, a GA and MA licensed and board certified physical therapist. She was awarded the Certificate of Achievement in Prenatal and Postpartum Physical Therapy. She has been teaching prenatal classes for over 25 years, is doula trained and is founder of WellWomanPT to provide women of all ages and stages access to pelvic health physical therapy and wellness, from preconception through menopause.



If you are having pain and or would like our Premium Birth Prep package for a pelvic health evaluation and birth prep training 1:1 with physical therapy, we would be happy to help! Call or register online to make an appointment. 678-719-2488

WellWomanPT

Promoting Women's Health throughout the Lifespan.

Atlanta Hwy, Suite 1903, Cumming, GA 30040

www.WellWomanPT.com





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Please bring and set up 10 minutes before class:

- A physio ball, the size should be according to the length of your tibia (floor to kneecap), measured in cm.
- A Yoga mat.
- A bath towel (to use as a roll/pillow for comfort).
- Recommended: A water bottle, a snack, yoga anti-slip socks
- Optional: A Yoga strap or rope (for tight hamstrings).
- Optional: A pair of light hand weights (1-3#) or water bottles/milk jugs will do.
- Optional: Thera band (red for medium or yellow for light resistance), at least 3' in length.

In addition: For online class:

- Find a quiet calm spot in your home, near a clear corner/wall/secure closed door. We will be using the surface to lean up and push against for some exercises and the quiet will benefit you for *relaxation training*.
- Place your yoga mat near your corner or blank wall. You should be able to spread your arms in at least a 360-degree circle.
- If you have a sturdy piece of furniture nearby, like a footboard of a bed or a counter, that will help you with balance or during squats.
- Ensure that your floor and feet are not slippery. Yoga anti-slip socks are helpful.
- Always trust your body and only do the exercises that feel comfortable to you.

10 minutes before online class:

- Check your email and look for the invitation link for online class.
- Reminders: Please submit your exercise waiver/medical clearance through your online portal in PTEverywhere (as emailed to you upon registration and payment) before class. Please note the cancellation/no refund policy.
- Each class covers different topics/exercises and experiences. Ongoing and regular participation will give you maximum benefit.
- **Text or call if you can't find class or are unable to join. 678-719-2488**

See you in class!

Jill Newcomb-Campanenelli PT, CLT, CAPP-OB,
OB/Pelvic Health Physical Therapist
Founder of WellWomanPT

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