

Your Instructors



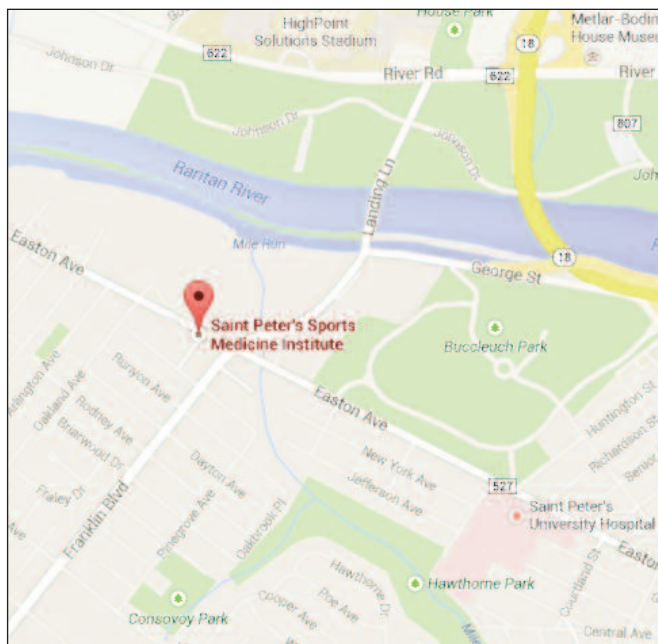
Meredith Rassam, PT, has been a physical therapist for 10 years. She enjoys helping people lead healthier and more active lives. She is a mom of two pre-school age boys.



Alexis Greenberg, PT, has been practicing orthopedic physical therapy for 15 years. She is a mom of three active school-age boys. She loves helping people reach their individual goals through exercise and education.



Tiffany Abdullah, PT, has been practicing physical therapy for 10 years. Besides running around with her toddler daughter, she enjoys teaching people how to manage their pain and improve quality of life.



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www.saintpetershcs.com/SportsMedicine

Catholic hospital sponsored by the Diocese of Metuchen ■ State-designated children's hospital and regional perinatal center
A regional medical campus of Drexel University College of Medicine ■ Affiliate of The Children's Hospital of Philadelphia

Pregnancy and Your Body

A class designed to help you keep your body healthy during pregnancy



Class Overview

Has your back been hurting you? Have you wondered what exercises are best during this time when your body is constantly changing? Do you wonder if you are eating the right things to ensure your baby is getting what she or he needs? Have you wondered if you will be able to lose the 'baby weight?' During this class, we will answer these questions and more!

Got Back Pain?

Many women suffer from low back pain or sciatica (pain running down the back of your leg), during pregnancy.

Physical therapy can often help to ease the discomfort.



Cause of Back Pain

1. Shift in center of gravity
2. Stretching of abdominal muscles
3. Hormonal changes



Want to exercise, but don't know how to start?

Staying active can significantly help with back pain, stress, fatigue and can often improve your mood. Many women don't know what exercises are best to do during pregnancy. During this class we will go over safe exercises that can be done throughout your pregnancy. We will discuss exercises that can be started following your child's birth, as soon as you are comfortable.

Questions

During our monthly sessions, you will be in the company of other moms-to-be. We will review the anatomy of your changing body, discuss exercise options and review nutrition needs. Your instructors are all licensed physical therapists who have experienced pregnancy.

**Please call
732-565-5455**

to register for this FREE program.

