



NEWS LETTER

SEPTEMBER EDITION

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TOPIC OF THE MONTH

CARE AFTER BIRTH

Important things to have examined in your physical care after birth in order to get you on the right path to full recovery:

1. Pelvic girdle/bone/hip alignment
2. diastasis recti (separation in the abdomen)
3. pelvic floor strength and coordination

UPCOMING EVENTS

09/15/24: Speaking at Post-partum and Beyond Wellness Series

09/22/24: Speaking at Different By Design Salons

info@healinghandspelvichealth.com
for more on how to attend.

HIGHLIGHTS

✨ Last month we joined burn boot camp for a workshop on strengthening their pelvic floor!

✨ We had our first newborn delivery of the month and momma had **NO TEARING!**



GREETINGS

Happy New Month from Healing Hands Pelvic Health and Wellness and Welcome to our newsletter! Here we will give updates of upcoming events, last month wins, and interesting topics of the month! Thank you for your support in our growth!