



PHILADELPHIA INTEGRATIVE MEDICINE
and REBALANCE PHYSICAL THERAPY
presents...

5.11.16

BEFORE THE BUMP:

How to prepare the body for pregnancy and boost your fertility.

Nurse Practitioner Lauren Houser and Physical Therapist Stephanie Muntzer lead an interactive evening exploring how to prepare for pregnancy naturally!

Pregnancy can be both physically and emotional demanding on our bodies. Optimizing nutrition, developing a mind body practice, and strengthening key muscles prior to conceiving can increase fertility and lead to a healthier and happier pregnancy. Come learn how to support your body in preparation for pregnancy and during the pregnancy journey. The class will include recipes, yummy food samples and exercise demonstrations.

**Wednesday, May
11th
7pm-8:30pm**

Rebalance Physical
Therapy
319 Price Ave
Narberth, PA 19072

Lauren Houser, CRNP
hosts monthly wellness
classes exploring the
impact of our diet on our
health.

Definitely Register!

**Tickets are \$5, register on
our website:**

[https://www.philly-
im.com/event/beforethebu
mp/](https://www.philly-im.com/event/beforethebump/)

QUESTIONS?

Email Denise at
info@philly-im.com

Or call 888.702.7974 x2

www.philly-im.com

