

Capital Health Wellness Center PREGNANCY STRENGTH & EXERCISE



Classes will be held
Saturdays at 12 p.m.
on the following dates:

February 24
March 2 and 16
April 6 and 20
May 4 and 18
June 1 and 15
July 6 and 20
August 3 and 17
September 7 and 21
October 5 and 19
November 2 and 16
December 7

Free Pre-Natal Exercise Class for the Trenton Community *Funded by Capital Women in Philanthropy*

These specially designed workouts will strengthen your muscles to reduce the common aches and pains associated with pregnancy. You will learn how to prepare your body for the physical demands of labor, delivery, and motherhood.

Women who are active and exercise throughout pregnancy experience a 55% decreased incidence of birthing complications. Maternal exercise has been linked to stabilizing blood pressure as well as improving glucose tolerance for mother and baby. Exercise enhances the functional capacity of the placenta to provide increased nutrients, oxygen and blood flow to the fetus especially in times of stress.

Source: American College of Obstetricians and Gynecologists.

- ... Learn breathing techniques to help with labor and delivery.
- ... Safely strengthen your core musculature to avoid diastasis recti.
- ... Connect with your pelvic floor muscles to gain strength & support.
- ... Build overall full-body strength **SAFELY!**

COST: FREE Funded by Capital Women in Philanthropy

WHERE: 832 Brunswick Avenue, 2nd Floor Training Room, Trenton, NJ 08638

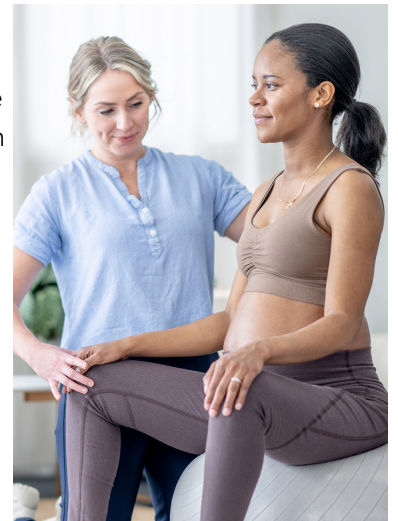


HOW TO REGISTER: *Registration is required to participate.

Scan QR Code

Call: 609.537.7243

Online: www.wellnessliving.com/signup/capital_health



capital
WOMEN
in PHILANTHROPY



Capital Health Wellness Center
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