

Pelvic Floor: Pregnancy, Postpartum and Beyond

This free, virtual class is designed to help women understand changes to their body during pregnancy, postpartum and beyond and how to best support their pelvic health. Topics to be discussed include urinary incontinence, pelvic floor exercises, pain with intercourse, bowel habits, general exercise tips and guidelines during pregnancy and postpartum, including return to running and healing from vaginal and cesarean section births. The class is hosted by our physical therapy team along with other clinicians in the field.

Contact Erin to RSVP and receive the virtual link to the classes.

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Dates:

- Tuesday, August 6 - 6:30pm - 8pm
- Tuesday, November 5 - 6:30pm - 8pm



Indiana University Health