

FREE WORKSHOP



FREE Workshop Reveals How To Get Back In Shape After Postpartum.. Even If You've Tired & Failed In The Past.

ARE YOU A MOM WHO:

- › Is living with back or pelvic pain after having a baby?
- › Is tired of putting up with bladder leaks limiting your activities?
- › Understands that wanting your belly back is not vanity?
- › Wants to learn exercises to get rid of diastases and prevent it from getting worse?
- › Knows that you will be the best mom when you are at your personal best?
- › Wants the best tips to start getting your body and life back, naturally

Spots are limited to the first 15 women who register now and would like to make the change today.

RSVP: mac@mygenesishphysio.com
832-478-8060

Saturday, June 16 at 9am

ConcoFit
23010 Highland Knolls, Katy, TX 77494

