



# APRIL 14, 2018 PREGNANCY COMFORT & CARE

## Clinic Details:

Join Holly Strobel, DPT and Kait Bovard, CES, of Atlas Therapy along with Sharon Green, PYT, LMT of Bloom Yoga & Wellness for a morning of learning self-care techniques to help you achieve a pain free and more comfortable pregnancy.

Proceeds from the clinic will be donated to The Hope Chest, a local program that provides clothing to children.

**Breathing, Vocal  
Toning & Relaxation  
Positions**

**Core Stability &  
Strengthening**

**Kinesio Taping for  
Pain & Support**

**Babysitting available  
during clinic**

**Limited Registration**

**— Register in Advance by  
calling the number below**

## **ATLAS THERAPY**

613 Valley View Blvd  
Suite 200

Altoona, PA 16602

814-889-0310

\$20.00

4/14/18 @ 9:30-12:00