



Department of
Physical Therapy and
Rehabilitation Science



POSTPARTUM REHAB



4-Week Session - Level 1
DATES: SEPTEMBER 5, 12, 19, 26

10:00 AM - 11:00 AM PST

CLASS IS ON ZOOM

(LINK WILL BE SENT UPON REGISTRATION)

COST: \$97

INSTRUCTOR: DR. JENNIFER KINDER, PT, DPTSC

Designed for mamas 6 weeks to 6 years (+!) postpartum. Having a baby can take a toll on one's core and pelvic floor muscles. This class is designed to help heal diastasis-recti, pelvic floor dysfunction, incontinence, body discomfort, and a weakened core. Re-educate the body to find its true core muscles.



To Register: wellness@ucsf.edu