



# Physical Therapy for Women

## Moms In Motion—Prenatal/Post Partum Exercise Classes

CMH Rehabilitation Services is pleased to announce our *Moms in Motion* exercise classes starting in June 2007.

These exercise classes are specifically designed for women at any stage of pregnancy through 18 months after delivery. If you are post-partum, you should be at least six weeks post vaginal delivery or at least eight weeks post c-section to participate (or per your doctor's discretion).

The classes will include traditional strengthening, stretching, endurance activities including yoga and pilates, and resistive exercises to prepare the new mom for her childbirth experience and for caring for her newborn.

*Moms in Motion* provides a fun, supportive environment for exercising moms before and after delivery! Babies are welcome post partum for "mom and me" exercise.

### Benefits for Moms:

- Shorter labor time and easier deliveries
- Less weight gain
- Quicker return to pre-pregnancy weight
- Decreased need for medical intervention during delivery
- Muscles needed to support the demands of pregnancy, delivery, and new motherhood are developed
- Better sleep, higher energy levels, better mood

### Benefits for Baby:

- More normal birth weight
- Leaner throughout childhood
- Better language skills
- Higher general intelligence

### Class Information

#### Class Days and Times:

Tuesday and Thursday

5:30—6:30 p.m.

*(based on need, more days and times may be added)*

#### Class Location:

CMH Rehabilitation Services  
Rombach Health Center  
2241 Rombach Ave., Wilmington  
937-383-7722

#### Cost:

\$60 for 12 sessions

\$7 per single session

**Medical clearance from your doctor is required prior to participation.** Have your doctor complete the form on the back of this flyer, and bring it with you to your first class.

#### About Your Instructors:

**Rachel Duncan, PT**— Rachel is a physical therapist and is certified in pre and post partum exercise instruction. She is the mother of two very energetic toddlers; a daughter and son. Rachel's specializes in women's health and general orthopedic physical therapy.

**Donna Snyder, PT**— Donna is a physical therapist and is certified in pre and post partum exercise instruction. She was born and raised in Wilmington, and is the mother of three very energetic boys including a set of twins! Donna specializes in general orthopedic and women's health physical therapy.



Outpatient Rehabilitation  
2241 Rombach Ave.  
Wilmington, OH 45177  
www.cmhregional.com

### Registration Form

Mail this completed registration and check payable to CMH Rehabilitation Services (as applicable, see below) to:  
**CMH Rehabilitation Services**  
2241 Rombach Avenue  
Wilmington, OH 45177  
Attn: **Moms in Motion**

Payment for the 12 sessions is due with registration; payment per session due at the time of the class.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Your Delivery/ Due Date: \_\_\_\_\_ Your birth date: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work or Cell Phone: \_\_\_\_\_

I will attend:

12 sessions

per session