

BIRTH BOOTCAMP

A 3 HR *IN PERSON, INTERACTIVE*
CRASH COURSE WALKING YOU
THROUGH LABOR & DELIVERY

JAN 11TH
9AM-12PM
\$75

You'll learn:

- ✓ How to prep your pelvic floor for delivery
- ✓ Confidently advocate for yourself in the hospital
- ✓ Comfort techniques (how to breath, move, & position) during all stages of labor
- ✓ How to push safely and effectively
- ✓ Tips for the early postpartum period (1st pee/poop, pelvic floor recovery, lactation)

Presented by:

Dr. Kiri Krishinger, PT, DPT - NaptimePT

Dr. Payton McWilliams, PT, DPT - Empower Womens PT

Katie Heard, RN, BSN, IBCLC - Rooted in Nursing Birth Services



Scan the QR code to register or visit
www.empowerwomenspt.com/birthbootcamp



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