

Community Pelvic Health Workshop



A Movement and Education Based Healing Guide

Movement

Mindful movement

Yoga

Tai Chi

Education

Unlocking the mysteries of the pelvic floor

Prenatal and postpartum physical and occupational therapy services

Pelvic pain

Certified Instructors

Dr. Valerie Rucker-Bussie
DPT, NCS

Dr. Lisa Desai
OTD

Dr. Saiah Yates
DPT, WCS

APRIL 20th, 10am-4pm

1501 Harry Thomas Way NE Suite A. Washington, D.C

Seats Available: 20 (Register before it's too late!)

Cost: \$250

Light refreshments provided*



Come, commune, eat, and learn about YOUR body and why pelvic health matters!

Priority One Wellness

priorityonewellness.net

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