

PAIN CARE AWARE: PREGNANCY & BEYOND

Prepare for your delivery with a professionally guided movement experience that will educate you on techniques to manage your discomfort. Understand what your body is saying through familiarity with the foundations of awareness and regulation. A series of movements through breath, Pilates and Yoga will allow you to explore your best state for recovery and restoration. Guided by a PCA trained professional with over 50 hours of pain management education.

AUGUST 22 AND 24 | 7-8PM

PUBLIC \$60 | MEMBERS \$50

CODE 8739

Expanded Pain Care Aware classes coming this Fall!

TO REGISTER, scan QR code, go to mycalgaryjcc.com,
or call the Customer Service Desk at 403-253-8600, ext.0

