

Pelvic Informed™: How to Support Pelvic Health As A Birth Pro Masterclass

Pelvic Health is still very taboo in our society. Even as it relates to childbearing, although it is the very thing that allows it all to happen. Literally from fertility, conception, carrying, birth, and beyond.

This masterclass is created to increase awareness and knowledge of what is going on in the pelvis during such a miraculous season. So many shifts are happening that can potentially lead to discomfort, the goal is for folks to be empowered and know there is help. Let's stop normalizing pain and start offering solutions.

What is included?

- Informative masterclass for Birth Professionals about Pelvic Health and its impact during pregnancy, birth, and postpartum. Topics we'll discuss include:
 - What is the Pelvis
 - The roles of the Pelvis
 - Overview of Pelvic Health
 - Expected pelvic changes in Pregnancy, Birth, and Postpartum
 - Common symptoms during Pregnancy and Postpartum
 - What you can do to prepare the pelvis for Birth (Vaginal and Belly/Cesarean)
 - What you can do to improve the experience

By the end of the masterclass you will be able to confidently have conversations with clients about the importance of pelvic health in pregnancy, birth, and postpartum. You will know common things to look/listen for, and understand the impact it has on different aspects of life and well-being. Most importantly, you can start advocating for yourself, your clients, and your community.

How much is it?

- The cost for this masterclass is \$27 to get you in the room and get access to all this great information

When is it?

- The next masterclass will be **Thursday, September 14 at 12pm** via Zoom

This is GOLD, Count Me In!