



ALASKA CENTER FOR ACUPUNCTURE

Presents:

Women's Back, Abdomen and Pelvic Health! Taught by Anne Thomas, Physical Therapist

Date: Thursday, 14 April 2011

Time: 7pm-8pm

Cost: FREE

Location: Alaska Center for Acupuncture

Through the process of aging and having children, many women find themselves frustrated that their body appears to be losing resilience, and that it is less able to meet the demands of a busy life. Women may experience stress incontinence, low libido, weakness in their core/pelvic area and overall exhaustion. With some basic awareness about the structure and function of the pelvic floor, and with the addition of some simple exercises, many of these issues can be overcome.

In this workshop you will:

- Learn about the “natural hammock” of the pelvis and how it works
- Gain insight on how to keep the “natural corset” of the abdomen and “natural hammock” of the pelvis toned and strong
- Learn how to avoid habits that may compromise back, abdomen, and pelvic health
- Learn simple exercises that you can use right away to support the pelvic region

Please pre-register by calling **Alaska Center for Acupuncture at 745-8688**. Space is limited, so call early!

About the Presenter: Anne Thomas, PT, FAAOMPT, OCS, CSCS is co-owner of Body in Balance Physical Therapy. Born in Nairobi, Kenya, Anne completed physical therapy school in Scotland, then she worked in Perth, Western Australia, and she finally settled in Palmer, Alaska. Anne has pursued post graduate studies and additional certifications to deepen her skill base for the benefits of her clients. She was accepted as a Fellow of the American Academy of Manual Physical Therapists (FAAOMPT).

For more information, about this and other upcoming events, visit
www.AlaskaAcupuncture.com