

Flaherty Physical Therapy Presents

WOMEN'S HEALTH STARTS WITH SELF-CARE

Saturday April 6th, 7:30 A.M. – 1:30 P.M.

Cost: \$99.00 per person

Registration can be found at www.flahertyphysicaltherapy.com



Seminar Agenda



Julia Leblanc



Beverly Mazza



Elena Moglia



Melissa Stein



Jennifer Warkentin

7 - 7:30 am Registration/Introductions by Hosts, Kevin Flaherty, PT and Kim Flaherty, Co-owner Open Circle Acupuncture and Healing

- 7:30 - 8:30 Julia LeBlanc, PT, DPT, RYT,COMT • Pelvic Health and Diaphragmatic Breathing
- 8:30 - 9:30 Beverly Mazza, BSN, RN • A Nutrition-Focused Approach to Natural Detoxification
- 9:30 - 9:45 BREAK
- 9:45 - 10:45 Elena Moglia, PT, MSPT, COMT • Benefits of Pilates Training for Woman's Health
- 11:15 - 12:15 Melissa Stein, Lic.Ac, Herbalist • Balancing Hormones & Increased Vitality with Acupressure
- 12:15 - 1:15 Jennifer Warkentin, Ph.D. • Cultivating an Emotional Wellness Mindset

