

Do you feel equipped to train your pregnant clients?

PENNY ELLIOTT'S UPCOMING PREGNANCY & EXERCISE COURSE CAN HELP YOU BE PREPARED

If you have been confused by conflicting information on pregnancy and exercise this course will explain:

- Up to date, evidenced based research
- The current world guidelines on exercise and pregnancy
- Practical ideas on stability training

This course is fully accredited with the Pilates Alliance of Australia, the Pilates Method Association of Australia and Fitness Australia with 12 CEC points.

WHERE

FIX PHYSIO IN THE CBD

WHEN

JUNE 2ND AND 3RD 2018

SATURDAY 1.00PM – 5.00PM

SUNDAY 9.00AM – 5.00PM

HOW

FOR DETAILS CALL [0413 185 757](tel:0413185757)

WWW.PENNYELLIOTT.COM.AU

PENNY@PENNYELLIOTT.COM.AU

Penny Elliott
Physiotherapy & Training

M.H.Sc.(Orthopaedic
Manipulative Therapy)
B. App.Sc (Phy) MAPA
Physiotherapist

Penny Elliott
www.pennyelliott.com.au