

Prenatal Workshops

at  STAMFORD
HOSPITAL | Health & Fitness
Institute



Feel Good Throughout Your Pregnancy

July 19 • August 16 • September 20

1:00–2:30 p.m.

1 workshop \$25 / 2 workshops \$35 / 3 workshops \$50

Elaine Petrone, author of the best-selling book, *The Miracle Ball Method*, addresses common conditions that occur during pregnancy, such as **low-back and sciatic pain, indigestion and sleeplessness**. This **non-exercise approach to health and well-being** will **enhance your comfort** and meet the unique needs of pregnant women.

Please call **276-4567** to register. Workshop open to the public.



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*Affiliate Columbia University-College of Physicians & Surgeons
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Tully Health Center

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