



NEWS LETTER

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GREETINGS

Happy New Month from Healing Hands Pelvic Health and Wellness and Welcome to our newsletter! Here we will give updates of upcoming events, last month wins, and interesting topics of the month! Thank you for your support in our growth!

TOPIC OF THE MONTH

PERINEAL MASSAGE

PERINEAL MASSAGE/STRETCHING IS A TECHNIQUE USED TO GENTLY STRETCH AND LENGTHEN THE BASE OF THE VAGINA IN PREPARATION FOR DELIVERY, HELPING TO REDUCE THE RISK OF TEARING. SEVERAL MANEUVERS CAN BE EMPLOYED, AND IT IS TYPICALLY STARTED DURING THE THIRD TRIMESTER.

UPCOMING EVENTS

11/22/24: Webinar with Jaffe Chiropractic on managing pain after childbirth

HIGHLIGHTS

- ✦ **Last month we spoke at chocolate milk cafe, Burn Boot camp, and Breath of Life Birth workers conference!**
- ✦ **We celebrated some wins: client shared that they have successfully stopped waking up at night to use the bathroom.**