



# Bumps & Babies Event

## Attention all Pregnant and Postpartum Moms!

Come join us for our 1st annual Bumps & Babies Event hosted by Pelvic & Orthopedic Physical Therapy Specialists in Lake Zurich. Speakers will start the event off educating on a variety of topics including the importance of the pelvic floor and core muscles in pregnancy and postpartum as well tips on how to navigate breastfeeding and building healthy sleep habits for your littles.

Snacks and refreshments will be provided as well as a raffle drawing. After our speakers, you are welcome to browse local businesses at our clinic for all things mom and baby. We look forward to see you!

**Saturday  
September 30th**

**9:00-11:00am | FREE**

**Location:**

**Pelvic & Orthopedic Physical Therapy  
745 Ela Road, Lake Zurich**

To Register  
email [Maureen@pelvicandorthopt.com](mailto:Maureen@pelvicandorthopt.com)  
**by September 25th**



**PELVIC & ORTHOPEDIC  
PHYSICAL THERAPY SPECIALISTS**



**TRACY  
BENSON  
SLEEP CONSULTING**

**9:00-9:30 am**

Preparing Your Pelvic Floor for Pregnancy and Postpartum

**9:30-9:45 am**

Leveraging Resources for Breastfeeding

**9:45-10:00 am**

Building Healthy Sleep Habits For Your Baby

**10:00-11:00 am** Expo of local businesses