

HARMONY PT & WELLNESS

1608 Hwy 121 N, Suite F, Murray, KY

Mary Swartz, MSPT, CAPP-Pelvic, CHC, RYT

Upcoming Harmony Offerings

Workshops: The purpose of these workshops is to create a safe space for discussion about pelvic issues, educate women on how the pelvic area works, learn gentle exercises, self-release techniques, lifestyle strategies and modifications, as well as what to avoid. Each workshop will focus on one type of common but specific pelvic issue and be limited to 7 participants. Cost \$78 per person. Advance payment required, non-refundable unless event is cancelled.

Book Club: Join me for a monthly meet up for discussion of XX Brain by Lisa Mosconi. Free but must register

Vision Boards: Bring your supplies and work on your 2023 vision board with me. Free but email to let me know you are coming.

**Pelvic Tension Workshop
March 4th, 2023**

**Pelvic Weakness Workshop
April 1st, 2023**

**Pelvic Weakness/Tension Workshop
April 29th, 2023
All workshops are from 11am-2pm**

**Book Club
March 3rd, 31st, April 28th
7-8pm**

**Vision Boards
March 4th
3-5 pm**

How do I sign up?

- go to harmoniptywellness.clientsecure.me to request a reservation. Times available on the website reflect the number of spots for the event, not the start time.

If you have questions, email me at: harmoniptywellness@gmail.com or call (270)873-7495.

For more information on Harmony PT, check out my website at harmoniptywellness.us or follow on facebook at: [Facebook.harmoniptywellness](https://www.facebook.com/harmoniptywellness)

How do I know which workshop is right for me?

Pelvic Tension

No urinary leaking
Pain with sexual intercourse
Busy, stressed, active person
History of negative sexual experiences
"Kegels make me worse"
Chronic constipation

Pelvic Weakness

Urinary leakage with coughing
Postmenopausal or recent pregnancy
Tampon will not stay in like it used to
Difficulty controlling when you pass gas
Sedentary job or lifestyle
"What's a Kegel?"

Pelvic Tension/Weakness Combination

Urinary leakage with coughing
Increased spinal curvatures
Recent weight gain
Low back pain
"Kegels do not consistently help me"
Constipation

Select the one that describes you best