



foundational
concepts

Specialty Physical Therapy

FREE WEBINAR

With our amazing dream team of Physical Therapists!

TOPICS IN 2025:

- Labor Prep
- Postpartum: Return to exercise
- Pelvic Health in the Childbearing Years
- Menopause Happy Hour with KC diet Collective

TO LEARN MORE:



Discover the various elements of your pelvic floor and uncover effective techniques to keep it in peak condition. It's sure to be an enjoyable experience!

