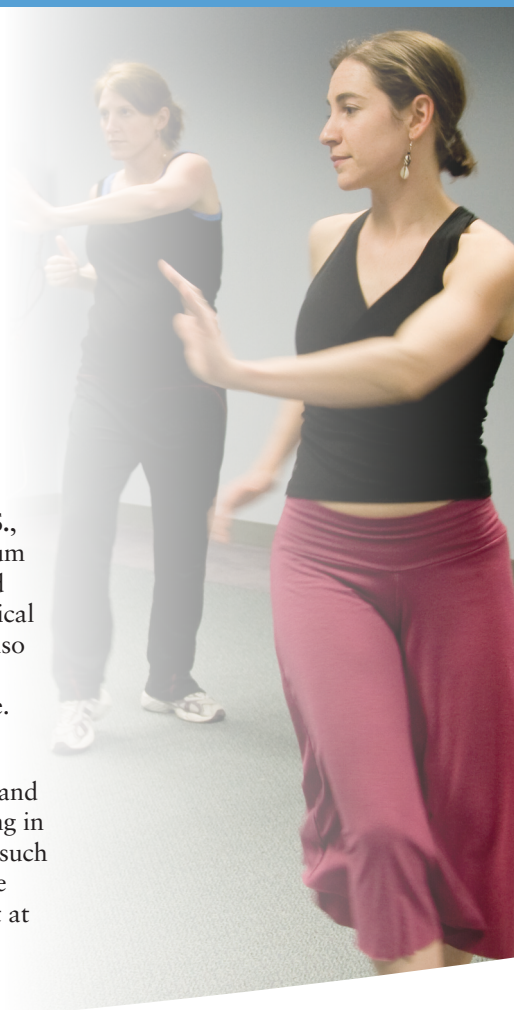
SWEDISH

Prenatal Exercise Class at Swedish

Swedish invites you to join us at our weekly prenatal exercise class, led by one of our experienced physical therapists. Strengthen your body in preparation for labor and delivery. Learn exercises to do during pregnancy and postpartum. Enjoy exercising with music in a safe and supportive group atmosphere.



When?

Drop-in class: Mondays from 5-6:30 p.m.
(class content repeats every four weeks)

Where?

Swedish/First Hill
Outpatient Rehabilitation Services
1101 Madison, Suite 200
Seattle, WA 98104
(map and directions on reverse)

Fees

$10 per class (free if you are signed up for the Swedish Baby Package)

About Our Instructor

Adrienne Di Liberto, P.T., M.S., teaches prenatal and postpartum community and hospital-based classes. She specializes in physical therapy for OB patients and also has special interests in group exercise, yoga and acupressure.

Physical Therapists at Swedish

Physical therapists are licensed professionals and movement experts. Our therapists specializing in women's health treat a variety of conditions such as low back pain, carpal tunnel, incontinence and pelvic pain. To schedule an appointment at one of our five clinics, call 206-386-2035.

For More Information

Call 206-386-2035

Direction to Outpatient Rehabilitation Services
1101 Madison, Suite 200

From the North, traveling south on I-5: Take I-5 southbound to the James Street Exit (No. 165A). Turn left (east) on James and travel five blocks to the intersection of James and Boren. Turn left (north) on Boren and travel three blocks. Turn right (east) on Marion. Outpatient Rehabilitation Services is in Suite 200 of the building (Madison Medical Tower) on your immediate left.

From the South, traveling north on I-5: Take I-5 northbound to the James Street Exit (No. 164A). Turn right (east) on James and travel five blocks to the intersection of James and Boren. Turn left (north) on Boren and travel three blocks. Turn right (east) on Marion. Outpatient Rehabilitation Services is in Suite 200 of the building (Madison Medical Tower) on your immediate left.

From the Eastside, traveling west on I-90: Take the I-5 North Exit and follow the same directions as above (from the south).

From the Eastside, traveling west on SR-520: Take the I-5 South Exit and follow the same directions as above (from the north).

SWEDISH

OUTPATIENT REHABILIATION SERVICES

1101 Madison, Suite 200
Seattle, WA 98104

www.swedish.org

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