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.

Where?

The Lytle Center for Pregnancy
& Newborns at Swedish/First Hill
747 Broadway
Seattle, WA 98122
(map and directions on reverse)

Fees

$10 per class (Four classes are free if you are signed up for the Swedish Baby Package. After that, the cost is $10 per class for all participants.)

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.

About Our Instructors

Adrienne Di Liberto, PT, MS, 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.

Nolana Newton, PT, DPT, OCS, teaches prenatal and postpartum hospital-based classes. She specializes in physical therapy for OB patients, including women's health for incontinence and pelvic pain.

For more information, call 206-386-2035.

Direction to Swedish/First Hill

From the North, traveling south on I-5:

- Take I-5 southbound to the James Street Exit (No. 165A)
- Turn left (east) onto James
- Travel for six blocks to the intersection of James and Broadway
- Turn left (north) onto Broadway
- Pass Cherry, turn left into the main entrance and follow signs to the underground parking garage

From the South, traveling North on I-5:

- Take I-5 northbound to the James Street Exit (No. 164A)
- Turn right (east) onto James
- Travel for six blocks to the intersection of James and Broadway
- Turn left (north) onto Broadway
- Pass Cherry, turn left into the main entrance and follow signs to the underground parking garage

From the Eastside, traveling west on I-90:

- Take I-90 westbound to the I-5 North Exit (No. 2C)
- Take the James Street Exit (No. 164A)
- Stay in the right lane and turn right (east) onto James
- Travel for six blocks to the intersection of James and Broadway
- Turn left (north) onto Broadway
- Pass Cherry, turn left into the main entrance and follow signs to the underground parking garage

From the Eastside, traveling west on SR-520:

- Take SR-520 westbound to the I-5 South Exit
- Take the James Street Exit (No. 165A)
- Turn left (east) onto James
- Travel for six blocks to the intersection of James and Broadway
- Turn left (north) onto Broadway
- Pass Cherry, turn left into the main entrance and follow signs to the underground parking garage

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www.swedish.org

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