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BE NOT AFRAID *Find Your Swagger*

Orthopedic & Spine Therapy is partnering with the City of Appleton Police Department to bring you an evening of hands on self-defense awareness, as well as an opportunity to learn more about common problems and be proactive in overcoming challenges regarding women's health.

Friday, May 11 • 6-8 p.m.

WHERE: Community Early Learning Center of Appleton at 313 S. State St.w, Appleton.

Across from St. Mary Church/In the gymnasium. Space is limited so register online today.

COST: \$10 per person. Proceeds will be donated to Harbor House of Appleton.

This is a workshop recommended for females 12+, and is a wonderful opportunity for mother/daughter or father/daughter pairings, best friends, sisters, or even female groups to participate. It will be fun and informative FOR ALL AGES OVER 12! Come and be a part of an unstoppable force in becoming prepared for any situation, being safe, feeling empowered, and living a full healthy happy active life.

- **SGT Aaron Pynenberg** from the Appleton Police Department will be giving a presentation on self-defense and being safe in today's aggressive ever changing society.
- **Meagan Peeters-Gebler, DPT,** from Orthopedic & Spine Therapy will be conducting a workshop regarding Women's Health, and how to set yourself up for success. You do not have to feel like a victim of your own body. Meagan will share her knowledge regarding what is normal bladder function and how to minimize risk factors for incontinence, prolapse and pelvic pain. She will address how to stay active at all ages without putting your pelvis at risk.

Please email Amy Dehn at Adehn@ostpt.com to reserve your spot, or enroll online at ostpt.com. *(Please provide name, contact information, and number of people in your group. Payment due on the day of the event.)*

Any questions can be sent directly to Amy Dehn at Adehn@ostpt.com.

"You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously."

—Steve Maraboli, Life, the Truth, and Being Free

Wear light, comfortable clothing, bring a water bottle, and if possible a yoga mat for your group.