

Prenatal Yoga

at Flagler Hospital



Want to meet other expectant mothers and learn relaxation techniques?

Come join Flagler Hospital's complimentary yoga class for our expectant moms! Yoga is great for expectant mothers because of its low impact on muscles and joints. It focuses on breathing techniques that will help during labor. Flagler Hospital and the YMCA have teamed up to provide you a prenatal certified yoga instructor who will show you positions to help reduce muscle aches and pains.

***Saturdays from 10:30 - 11:30 am
at the Flagler Hospital Wellness Center***

Call 904-819-4356 for more information

