

# REVITALIZE YOUR NEW YEAR: PELVIC HEALTH & FITNESS ESSENTIALS

**JOIN US** for an empowering conversation  
and take the first step toward a stronger, healthier you!

**Date:** February 6, 2025

**Time:** 1-2 pm (ET)

**Format:** Virtual

## Program Description

Kick off the new year with feeling strong, confident and in control of pelvic health to take the first step toward a stronger, healthier self in 2025 and beyond.

- Why your pelvic floor matters and how it supports your daily life
- Simple, effective exercises to build strength and support
- Tips to alleviate incontinence and bladder urgency
- Relationship with cervical health and screening guidelines

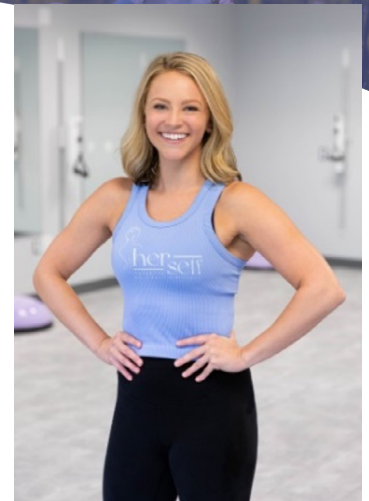
**Register today Using the link or QR code:**

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## Presenter

Specializing in pelvic health, perinatal exercise and menopause support, Chelsea has over 12 years of experience as a personal trainer, coach and group fitness instructor. She holds certifications in NASM Women's Fitness, Pregnancy and Postpartum Corrective Exercise and Pelvis Pro. Chelsea is dedicated to helping women navigate life's major transitions with functional movement and holistic wellness.



**Chelsea Wargo, CPT**  
Owner & Founder  
Herself Maternal  
Wellness & Fitness

**For more INFORMATION  
CALL 908-237-2328 or VISIT:**

[https://www.hunterdonhealth.org/services/  
hunterdon-mercer-chronic-disease-coalition](https://www.hunterdonhealth.org/services/hunterdon-mercer-chronic-disease-coalition)