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MEDIA ADVISORY

Optimized Functionality presents affordable classes for expectant mothers and their partners.

EVIDENCE SUGGESTS THAT THE ALEXANDER TECHNIQUE HELPS EMPOWER WOMEN DURING PREGNANCY & BIRTH

Lone Tree, CO – September 26th: Evidence over the last several years suggests the Alexander Technique aids women during pregnancy and birth, reducing lower back pain, increasing body awareness and improving breathing. Nicole Rafferty, the owner of Optimized Functionality and a teaching member of The Colorado Society for the Alexander Technique, will present a talk in Lone Tree to distribute more information and give hands-on demonstrations of Alexander Technique work to both pregnant mothers and their partners. Providers are also welcome.

What: Optimized Functionality provides a discounted rate for expectant mothers and their partners.

When: September 26, 6:30pm-7:30

Where: 9360 Teddy Ln, Suite 102, Lone Tree, CO 80124

Cost: \$30/per participants

Presenter(s): Nicole Rafferty,
Optimized Functionality, M.AmSAT

Nicole Rafferty, the owner of Optimized Functionality is AmSAT certified and fulfills continuing education requirements upheld by the American Society for the Alexander Technique and Alexander Technique Affiliated Societies worldwide.

Optimized Functionality and The Colorado Society for the Alexander Technique presents events at conferences, universities, companies, non-profits, and private businesses and groups. To learn more, visit <https://www.optimizedfunctionality.com> & www.ColoradoSAT.org