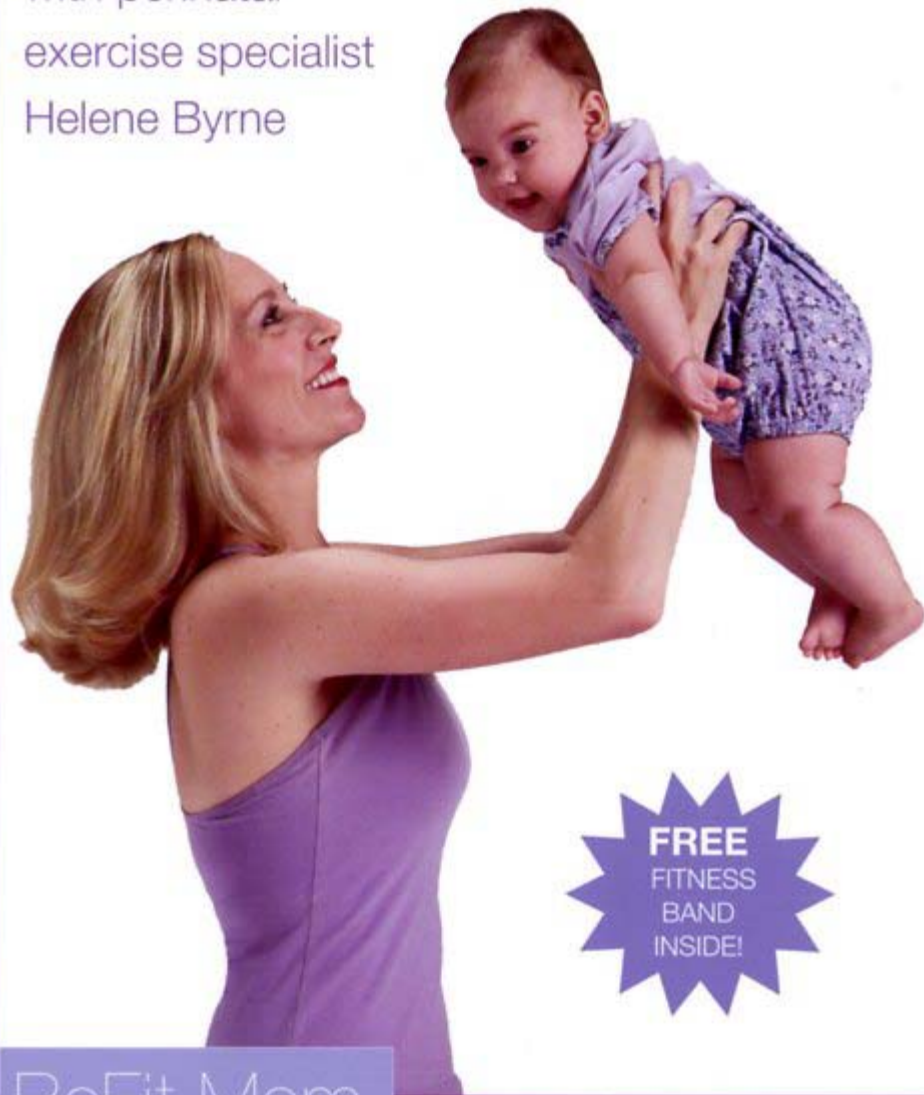


Bounce Back Fast!

Post Natal Core Conditioning

with perinatal
exercise specialist
Helene Byrne



BeFit-Mom.