



## CORRECTION CLASS

### Goals:

To strengthen postural muscles and guide habits for better posture.

Core strengthening & mobility exercises will be performed to develop coordination & body awareness. Tips will also be provided to the parents to continue better posture habits at home.



**Emilia Ochnik**  
*Pediatric Physiotherapist*

### *Who can attend this class?*

- ✓ (5-12) Years, boys & girls
- ✓ Children with postural issues
- ✓ Children with joint problems in the knees and feet
- ✓ Children independent with walking

*Reserve your class*

**95502801**

For more information  
visit our website

[www.fshnkuwait.org](http://www.fshnkuwait.org)

