



MOTHER
FIT
MIND BODY SOUL



Hannah Poulton (HLP) BSc (Hons) AACP

Positive C-Section

C-SECTION SCAR THERAPY

PHYSIOTHERAPY

ACUPUNCTURE

Email: info@HLP-therapy.co.uk

Mobile: 07810 373 181

<https://www.hlp-therapy.co.uk/>

<https://www.instagram.com/hlptherapy/?hl=en>

www.facebook.com/hlp-therapy

DISCLAIMER

This video should not be taken as medical advice. This video offers pregnancy, post-natal health, fitness and lifestyle information for education only. You should not rely on this information as a substitute for or replacement of professional medical advice, diagnosis and treatment.

Visitors who rely on the information contained within it do so entirely at their own risk. Positive C-Section / Mother Fit or anyone associated with Positive C-Section / Mother Fit will not be responsible or liable for any risk, injury or harm you sustain as a result of the information provided by this video, our website, YouTube videos, Facebook or Instagram pages.

Always consult a medical practitioner for specific advice tailored to your needs.