### We are excited to be offering our first virtual seminar, Deep Core and Pelvic Floor: Beyond Kegels, through Dynamic Performance and Therapy! To sign up for a class, you will first need to create an account through [PT Everywhere](https://pteverywhere.com/). You will then be ready to sign up for the class!

### Log into your PT Everywhere account:

### If you have been seen with Dynamic Performance and Therapy, go to <https://pteverywhere.com/PtE/s/dynamic>

### If you haven’t, please create an account <https://pteverywhere.com/PtE/s/dynamic/register>

### Once logged in:

### Choose Schedule on the home screen

* + On the calendar, choose November 11
  + On the right hand of the screen, scroll through the services all the way to the bottom and choose Virtual Deep Core and Pelvic Floor: Beyond Kegels (90 minutes)
  + On the left-hand side of the screen 🡪 Click the blue “BOOK” button
    - A pop-up box will come up and choose “Make Payment Online”
    - Enter payment information
  + You are all set!
  + You will receive an email from [emily@mydynamicphysio.com](mailto:emily@mydynamicphysio.com) up signing up to join us Wednesday, November 11th at 7:30 pm!

Please do not hesitate to reach out with questions and/or call our front office staff to get you signed up.