

Unveiling Knowledge to Empowerment: **WOMEN'S PELVIC FLOOR ESSENTIALS**

Are you leaking with coughing, sneezing, lifting, and even laughing? Are you running to the washroom but not making it in time?

OUR UPCOMING TALK WILL COVER:

- ✓ **Education and review of women's pelvic floor anatomy and functions**
 - ✓ **Women's pelvic floor issues**
 - ✓ **What is pelvic floor physiotherapy?**
 - ✓ **Benefits of pelvic floor physiotherapy**
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WEDNESDAY, DECEMBER 4, 2024

1:00 PM - 2:00 PM

EPA Hespeler

100 Jamieson Pkwy, Cambridge ON

SPOTS ARE LIMITED - To reserve your spot, please call the clinic at (519) 220-1794.

We appreciate you bringing an item for the Foodbank:
Feminine hygiene products • Canned fruit • Canned meat •
Cereal • Sandwich spreads • School snacks