

# PELVIC HEALTH AS WE AGE



As we get older, changes in pelvic health can impact our comfort, confidence, and daily activities—but with the right knowledge, these challenges can be managed and even improved.

In this presentation, Meryl will discuss how pelvic health evolves with age, common concerns such as incontinence, prolapse and pelvic pain, and practical strategies to support strength, mobility, and overall well-being.

Whether you're looking to better understand your body or support someone you care about, this session offers empowering, evidence-based information to help you take charge of your pelvic health

**Tuesday, March 3<sup>rd</sup>, 2026**

**1:00-2:00 pm**

**Hillsvue Active Living Centre**

**Led by Meryl DaCosta**

Registered Physiotherapist,  
BSc (PT), BHSc (Kin), EPA Acton  
and Georgetown Clinical Director



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