

Strengthening Your Pelvic Floor

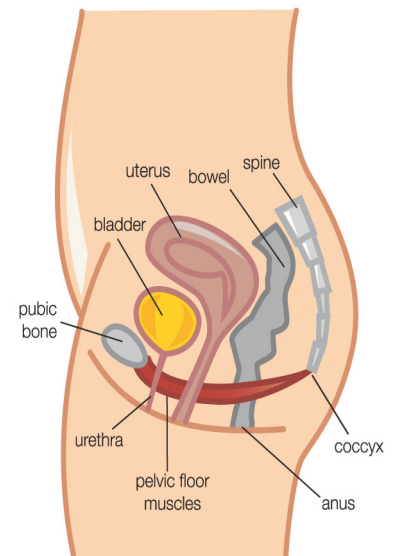


This workshop is presented by our Physio Tusanee and is suitable for all women who want to learn how to use and strengthen their pelvic floor muscles

Learn about

- *The anatomy and function of the pelvic floor*
- *How to correctly activate your pelvic floor*
- *Healthy bladder and bowel habits*

Wear comfy clothes and bring a yoga mat or towel.
Workshop includes refreshments.



Wednesday 14 March 2018
6.30pm—8.30pm
55 Thornley Street Leichhardt
Enter via side gate on Cary Street

Cost: \$20 (\$10 concession)
Payment is required on booking
**fees negotiable if difficult to pay*

 Leichhardt Women's
COMMUNITY HEALTH CENTRE

 lwchc  @lwchc www.lwchc.org.au

LWCHC is funded by Sydney Local Health District

call us to make your booking

9560 3011

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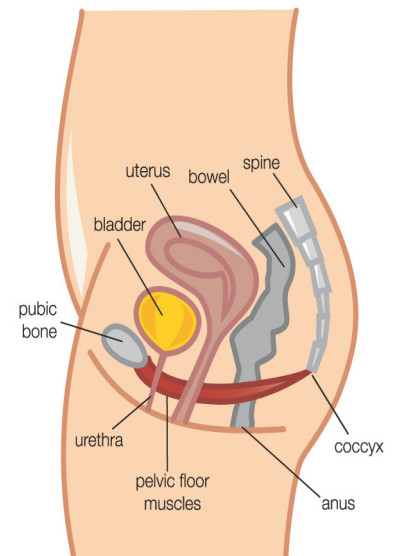


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