



Caring for your Pelvic Floor Continence Workshop

Come and enjoy an interactive session covering the following topics:

- What is the Pelvic floor?
- What are the symptoms of a weak and over tight Pelvic floor
- How to engage the Pelvic floor and optimum positions
- How to maintain Pelvic floor health during menopause
- Returning to exercise post birth and how to progress
- Learn some exercises to strengthen your Pelvic floor
- Find out where else to get help

All Women Welcome!

To register: www.trybooking.com/UBPN



womens health
& family services



Continence Workshop

15 March 2018

2pm-3.30pm

Group Room 2
227 Newcastle
Street,
Northbridge

Free!

Womens Health &
Family Services

www.whfs.org.au

For more information
contact
bookings@whfs.org.au