

Female Pelvic Floor Workshop!

Saturday, December 9

9:30– 11:30pm

\$54 plus GST



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Do you live with pelvic pain, incontinence, organ prolapse (stage I or II) or other pelvic or hip or groin issues?

Attend this fascinating workshop and learn how good movement can support your important pelvic floor!

You will leave with more info about what impacts your pelvic floor and movements you can continue on at home.

Perfect for *every* body.

Only 10 spots. Register today with Sue!