

Date: Thurs May 11th, 2017

Time: 11:30am - 1pm

BRING YOUR LUNCH AND LEARN!



Pelvic Floor Health with Kristen Parise

Join Kristen Parise Pelvic Health Physiotherapist for an informal and interactive session to learn more about pelvic floor health. Learn what **causes pelvic floor dysfunction** and more importantly **how to cure incontinence, reduce back and hip pain and increase your knowledge of the functions of the pelvic floor.**

Regardless of how much we've have trained, how many babies we've had, or how old we are, many women experience incontinence, back and hip pain, and feelings of heaviness in their pelvis. **The great news is there is overwhelming evidence that the first line of treatment for all these conditions is pelvic floor retraining.** In some cases the pelvic floor requires strengthening exercises however, pelvic floor lengthening may also be indicated if there is over activity.

Brought to you by the S.I.M GYM

Talk takes place in the Auditorium of St. Joseph's Villa

56 Governor's rd, Dundas

Call 905-627-3541 ext 2109 or

email s.i.mgyms@sjv.on.ca to reserve your spot

55 and older please