

OPENING UP ABOUT THE *pelvic floor*

with pelvic floor physiotherapist
Danique Derksen

Tuesday 21 November

10:00am-11:30am

Are you...

...experiencing problems when laughing, jumping, or coughing?

...feeling pain during intercourse?

...a mum or a mum-to-be?

...or just looking to learn more about your own body?

then this is the place to be!

Join Danique for an informative session about all things pelvic floor related.

There will be plenty of room for discussion and Q&A.

FREE OF CHARGE
Spaces are limited, please book in



PROACTIVE
Four Corners of Health



NELSON WOMEN'S CENTRE
TE WHARE ĀWHINA MO NGĀ WĀHINE PUAWAI

office@nelsonwc.org.nz | 03 546 7986