



# Pilates by Physiotherapy

Physiotherapy & Sports Injury Clinic

Tel: 07814776047

## What every Woman Should Know about The Pelvic Floor!!

A Myth Busting evening with Shirley our  
Women's health Pelvic Floor  
Physiotherapy Specialist

### Including:

- Myth busting session
- Latest research on pelvic floor exercises
- Short Practical activity
- Goodie Bag
- Free Prosecco / Juice

Wear comfortable clothing

6.30pm-7.30pm and

8.00pm-9.00pm

Friday 28th February

£15 Booking essential

Contact : Anne Burr

[www.pilatesbyphysiotherapy.com](http://www.pilatesbyphysiotherapy.com)

Unit 3, City West Business Park, ST Johns Road, Meadowfield.DH7 8ER