

# Infinite Dynamics

Presents...

## A Workshop on the Pelvic Floor

- *Would you like to learn more about the pelvic floor and the benefits of strengthening it?*
- *Do you suffer from stress incontinence?*
- *Are “Kegels” a distant memory?*
- *Could your sex life use a “lift?”*

### Please Attend our Pelvic Floor Workshop!

In this three-part series you will learn about your pelvic floor and why preventative awareness will benefit your health. This series includes a lecture, printed material and practice sessions where you will learn exercises that you can incorporate into your every day life.

~~~~~

**Thursdays, 6 - 7pm**

**Session I: September 11, 18, 25**

**or**

**Session II: October 9, 16, 23**

**Cost: \$50**

Class is limited to 12 people  
Please call 594-1061 for information and to reserve your space.