



POWER TO MOVE 



BETTER BLADDER SEMINAR

Free event

Saturday 26th February 2022 | 4.00pm – 5.30pm

This seminar is designed for all our students. Bladder health and incontinence can be a tough and challenging problem.

It does not matter how young or old you are. It is important to understand your pelvic floor muscles and how to strengthen them.

In the seminar we will focus on:

1. *The bladder, its function and the muscles that support it*
2. *Exercises we can ALL do (male and female) to strengthen our bladder and pelvic floor*
3. *Question time followed by tea and coffee*
4. *Female only section - PEAR DROPS and internal muscle strengthening.*

This is an event that is OPEN to ANYBODY, so please feel free to bring your friends, family and co-workers.

The event will also be available LIVE via ZOOM if you cannot make the session in person. Please book into class, email hello@powertomove.com.au and let me know you would like the zoom link and it will be sent to you.