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Georgetown, Ontario



## To Kegals or not to Kegals

Do you leak when you laugh, sneeze or jump? Do you suffer from pelvic organ prolapse? Would you like to learn how to prevent it?

Join Eramosa Physiotherapy Associates in conjunction with Dynamic Bodies as we host a free Pelvic Health Information night!

**May 25th @ 7:00 pm**  
Hosted at **Dynamic Bodies @ 318 Guelph Street**



- Learn about your deep core muscles
- Discover the reasons why you might be experiencing pelvic pain
- Signs and symptoms of poor pelvic health and prolapse
- Discover ways of improving your Mummy Tummy!

Join us on the **path to improved health.**

For more information, contact us at:



[carrie@dynamicbodies.ca](mailto:carrie@dynamicbodies.ca)  
or (416) 806-6859



[georgetown@eramosaphysio.com](mailto:georgetown@eramosaphysio.com)  
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(In the Knolcrest Centre)

