

# Pelvic Health 101

Beyond Basics Physical Therapy

**March 19**

## **SOMETHING'S WRONG WITH MY WHAT?**

Learn the pelvic floor muscle anatomy and its relationship to bowel, bladder and sexual function

**March 26**

## **RUNNING TO THE BATHROOM, AGAIN**

A closer look at urinary dysfunction and painful bladder conditions

**April 2**

## **WHY IS POOPING SO DIFFICULT?**

The role of muscle coordination, toilet posture and other techniques to improve your bowel movements

**April 9**

## **PAIN & SEXUALITY: IS IT ALL IN MY HEAD?**

No, it is not! Pelvic pain is highly correlated with muscle dysfunction - come learn more about the connection

**April 16**

## **MALE-SPECIFIC PELVIC FLOOR DYSFUNCTION**

A time to learn about genital and perineal pain, sexual dysfunction and post-prostatectomy incontinence

**April 23**

## **WHAT'S DOWN BELOW? A GUIDE TO VULVOVAGINAL HEALTH**

A safe space for all things female anatomy, hormones and life cycle change

**April 30**

## **I'M PREGNANT - HELP!**

Birth educator, Ashley Brichter, will discuss how to improve your birthing experience



FREE EDUCATIONAL SEMINARS EXPLORING THE PELVIC FLOOR'S RELATIONSHIP WITH BOWEL, BLADDER, SEXUAL & REPRODUCTIVE FUNCTION

**All seminars are on Thursdays at 7 PM**

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RSVP:  
pelvichealth101.  
eventbrite.com