



The Birth Centre  
prenatal/postnatal

# PELVIC HEALTH workshop

**THURSDAY, JULY 11, 2013**  
**10:00 am—11:30 am**

Learn about pelvic floor muscles &  
how to strengthen them  
**free childminding available on-site**

**Location:**

The Birth Centre, 603 St. Mary's Road  
Prairie Room

**space is limited, registration preferred**

tracy@womenshealthclinic.org  
204-947-2422 ext. 328



**[www.womenshealthclinic.org](http://www.womenshealthclinic.org)**