

Pfilates Pelvic Floor Program

Restoring Form & Function



pfilAtesTM
pelvic floor pilates
created by a physician

Beyond Kegel Exercises

Pelvic Floor Disorders are absolutely epidemic



- ✓ *Urinary Stress Incontinence when you cough, sneeze or exercise?*
- ✓ *Overactive Bladder*
- ✓ *Pelvic Organ Prolapse*
- ✓ *Female Sexual Dysfunction*
- ✓ *Fecal Incontinence*

Do You Suffer From..
any or all of these Symptoms?

May be covered by your extended health insurance plan.

Classes Begin

Monday, June 24TH, 4:15pm - 5:00pm

OR

Wednesday, June 26TH 12:15pm - 1:00pm

5 Classes

BONUS!

FREE!

Pfilates Package Included!

- DVD • Exercise Ball
- Exercise Booklet

\$50 Value

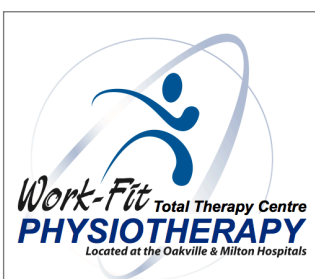
5 Week Program!

Classes Taught by a

Certified Pfilates Instructor/Physiotherapist

\$35 Per Class

(5 Classes)



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Affiliated with the Oakville Hospital. All net proceeds support hospital programs.