

FREE EDUCATION FORUM FOR FITNESS PROFESSIONALS

pelvic floor first



CORE FOUNDATIONS

Did you know that almost every exercise your client does affects their pelvic floor?

Pelvic floor issues are all too common, rarely talked about and are the subject of many myths and inaccuracies. This one-day practical education forum will cover:

FREE

- Function of the core and pelvic floor
- How to identify at-risk clients
- How to cue the pelvic floor
- Pelvic floor safe exercise modifications
- Who can help

Presented by Marietta Mehanni (fitness leader) and Dr Irmina Nahon (continence and pelvic floor physiotherapist).

Thursday, March 30, 2017

9am-4.00pm

The Canberra Rex Hotel
150 Northbourne Avenue, Canberra City

Register now: continence.org.au/events or phone **03 9347 2522**



National Continence Helpline **1800 33 00 66**

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