

# Pelvic Health

## — Foundations —

**4 WEEK COURSE**



- Understand and strengthen your pelvic floor
- Improve bladder, bowel and core control
- Move confidently in exercise and daily life
- Practical, hands-on, small group led by physiotherapists Zoe Jones and Claire Gear exercise physiologist Chelsea Barnes

**Starting April 22nd 2026**

Wednesday evenings at  
The Strength Lab  
Kalamunda (6-7pm)

Earlybird pricing  
available until April 8th!

**Register today! →**



<https://bit.ly/4sGYYu2>