

Pelvic Health

— Foundations —

4 WEEK COURSE

ROUND TWO



- 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 August 19th 2026

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

Earlybird pricing
available until July 31st

REGISTER HERE



<https://bit.ly/4sGYyu2>



MEAD PHYSIO GROUP
LINKED HEALTH CARE
Physio | Exercise Therapy | Massage



EXERCISE RIGHT & REHAB
+ **PILATES STUDIO**

**THE
STRENGTH
LAB**

(Part of the Mead Physio Group)