

Pelvic Health

— Foundations —

Round 3 Starting 11th November 2026



4-Week Course

Wednesday Evenings 6-7pm

The Strength Lab, Kalamunda

Early Bird Pricing Until Oct 28th

REGISTER HERE



- 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, and Exercise Physiologist Chelsea Barnes



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



EXERCISE RIGHT & REHAB
+ **PILATES STUDIO**

**THE
STRENGTH
LAB**

(Part of the Mead Physio Group)