

Bladder Retraining Class

For those suffering from:

Bladder leakage,
urgency, and frequency.



Classs Details:

When: January 31, 2026 at
10:00 AM (1 hour class)

Where: Empowered Living
Wellness Center
138 Maple St. Florence,
Oregon 97439

Cost: \$30 per person



**Restore Pelvic Health
Physical Therapy, LLC**

Is hosting a class to help
retrain your bladder and
empower you to take back
control of your day!



register at
www.restorepelvichealthpt.org
with board certified Pelvic Floor
Physical Therapist
Jessica Juliano, PT, DPT, PRPC