

Bladder Retraining Class

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 and your night!



For those suffering from:

Bladder leakage,
urgency, and frequency.

(All ages and genders welcome!)

Class Details:

When: April 11, 2026 at 10:00 AM (1 hour class)

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

Cost: \$30 per person

register at

www.restorepelvichealthpt.org

with board certified Pelvic Floor Physical Therapist

Jessica Juliano, PT, DPT, PRPC

