

DUNLOP HOUSE PRESENTS

Survival Skills for Women

Millions of Americans are suffering from pelvic floor dysfunction. Over 25 million Americans suffer from urinary incontinence alone or involuntary loss of urine. Pelvic floor dysfunction refers to a wide range of problems that occur when the muscles of the pelvic floor are weak, tight, or there is an impairment of the sacroiliac joint, low back, coccyx and/or hip joint. The tissues surrounding the pelvic organs may have increased or decreased sensitivity and/or irritation resulting in pelvic pain. Many times, the underlying cause of pelvic pain is difficult to determine. Join us as we learn about the benefits of Pelvic Floor Therapy.

Join us for this **free** program led by Physical Therapist Lisa Cole of Pivot Physical Therapy.

Tuesday, January 9 at 3:30 PM

Hosted by Dunlop House Assisted Living



PIVOT
PHYSICAL THERAPY

**Space is limited!
RSVP to 804-520-0050.**



Dunlop House
Assisted Living & Memory Care

804-520-0050

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