

# PELVIC FLOOR HEALTH IS A FITNESS ISSUE!



## WHEN?

**November 17th, 2018**

**1pm - 3pm**

## WHERE?

**At: Yoga By Sarah  
400 Scott St. Unit E3-4  
St. Catharines, ON  
To Register Call: 905-682-4469**

## DON'T LEAK WHILE YOU EXERCISE, PREVENT LEAKS WITH EXERCISE

### COST:

**\$45 + TAX**

Register for both the Pelvic Floor Workshop and Diastasis Recti Workshop for only \$70 incl. tax.

### WHO SHOULD ATTEND?

Anyone experiencing pelvic floor disorders including incontinence and pelvic organ prolapse.

Post partum moms with or without symptoms of pelvic floor dysfunction.

Anyone who wants to prevent pelvic floor disorders.

Men post prostatectomy or radiation therapy.

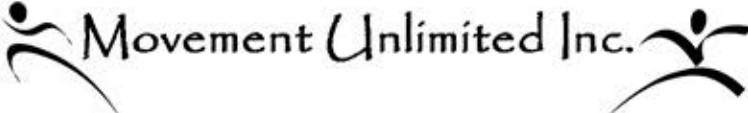


### Presented By:

**Allison Kares, PMA®-CPT**

Owner, Movement Unlimited Inc.  
STOTT™ Fully Certified Pilates Instructor Polestar Pilates Studio Practitioner  
Certified PFilates™ Instructor/Trainer

Allison began teaching Pilates over 15 years ago. Her background as an exercise therapist in a rehab clinic has allowed her to combine her passion for therapy with the Pilates method. Allison began teaching and working with pelvic floor disorders in June of 2012. She has taken extensive post graduate level courses in pelvic floor health from renowned therapists and doctors from around the world. Let Allison help you demystify this important health concern.

 Movement Unlimited Inc.

Partnered  
with

**YOGA**  
by Sarah