

A photograph of a woman from the waist down, wearing a bright pink top and light grey shorts. She is standing with her hands clasped over her pelvic area, suggesting a focus on pelvic health.

Worried about your pelvic floor?

Join Pelvic Health expert Debbie Dillon for a **FREE** webinar to get advice and information on

- Pelvic Floor exercises
- Urinary incontinence
- Prolapse
- Sex and pelvic floor
- Exercise and Pelvic floor

FREE webinar: Wed 26 February, 7pm

**Reserve your space
today:**

Visit: <https://bit.ly/PelvicHealthSomerset>

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