

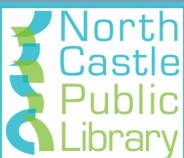
# ***Pelvic Floor Health*** ***BEYOND KEGELS In the chair***

**Via ZOOM**

Educational & experiential, this workshop will empower women with a new awareness of their pelvic floor.

Come learn the anatomy & physiology, the weakness, dysfunctions, & techniques to both relax, strengthen, balance & maintain optimal health.

Dr. Marla L. Sukoff, MD  
Physical Medicine & Rehab Specialist  
Registered Yoga Teacher



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