

# ***Pelvic Floor GAIT Series***

**Via ZOOM**

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

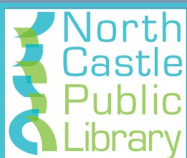
Come learn the anatomy & physiology, the weakness, dysfunctions, & techniques to both relax, strengthen, balance & maintain optimal health.

*See calendar for more information.*

Dr. Marla L. Sukoff, MD

Physical Medicine & Rehab Specialist

Registered Yoga Teacher



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