

HOW STRONG IS YOUR CORE?
FREE WOMEN'S HEALTH
PHYSIOTHERAPY INFORMATION SESSION

Have you ever wondered how strong your core is?

Are you experiencing any leaking of urine with exercise?

Are you pregnant or have you had a baby?

Would you just like some extra advice on how to feel stronger?

If you said yes to any of these, then this session is for you!

When it comes to your core, strength is more than skin deep. Come to this free information session for women who want the right advice surrounding their training and strengthening their core.

Date: Saturday 13 November 2021 (places limited)

Time: 1.45pm for 2.00pm start

Duration: approx. 1.5 hours

Location: 339 Heidelberg Road, Northcote

(please enter via front door only)

RSVP: by 7 November to reception@alphingtonsportsmed.com.au

Presented by: Laura Yammouni

Titled Contenance & Women's Health Physiotherapist

Laura is experienced in musculoskeletal and sports conditions and has worked with many elite sporting teams. Her passion lies in helping women to return or to continue to exercise while managing any pelvic health concerns that they may be experiencing.



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