



PELVIC HEALTH

For Women

with Frances Roderick PT

Pelvic Physiotherapist

Please join us for an informative session on supporting bladder health throughout the aging process. This discussion will cover practical strategies to support pelvic health, improve bladder control, and enhance overall quality of life. Common myths and misconceptions will be explored helping you better understand what's normal, what's not, and when to seek support.

DATE: Wednesday May 6th, 2026

TIME: 7 pm to 8:30 pm

LOCATION: Holy Trinity Church
2 Hammond River Rd, Quispamsis, NB

Cost: None

Pre-Register by calling 506-647-8170

Tell Your Friends!