

Nov
15th, 2-5
PM



PELVIC HEALTH & WELLNESS EVENT

Located at the Sycamore Center for Wellness & Applied Medicine



FREE SERVICES OFFERED

- Educational Speakers
- Personal Pelvic Floor Consultations
- Interactive Pelvic Floor yoga session
- Information on local clinics
- Education on Intimate Rose products

EXPERT TEAM

- CEO of Intimate Rose
- Local Providers from Union Health
- Professors from ISU
- Graduate Students from ISU Physical Therapy Program



EDUCATIONAL SPEAKERS

Educational sessions targeted towards pelvic pain, the pelvic floor related to pregnancy, and incontinence.



PERSONAL CONSULTS

Private personal consultations with students and providers to obtain information of where to go and who can help.



PELVIC FLOOR YOGA

A student led Pelvic Floor yoga session that will cover techniques to both strengthen and relax the core and pelvic muscles.

CONTACT

(217) 273-8335

darmes1@sycamores.indstate.edu



Please RSVP for any event that you are interested



PARKING IS LOCATED NEXT TO THE ISU TENNIS COURTS