



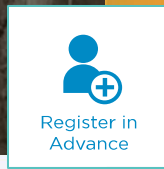
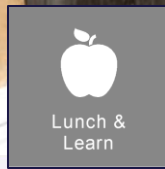
Shine
SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM



**Hamilton
Health
Sciences**



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SEX + CHOCOLATE... and your pelvic floor!

Is your pelvic floor really involved in your sex life?!

Come out to hear Pelvic Health Physiotherapists Alexandra Danks, Kristen Parise and Megan Salomons answer this question and more!

Many women believe decreased sexual function and pelvic floor dysfunction are an inevitable part of aging or of having children. The evidence shows us that we can improve our pelvic floor function and that **this increase in function can improve continence, decrease pelvic pain and increase sexual pleasure. Is your pelvic floor really involved in your sex life?**

Let's bust some myths together, learn more about our own bodies, and eat some chocolate!!

All Attendees will be entered into a prize draw to win a FREE massage.

Mark Your Calendar!

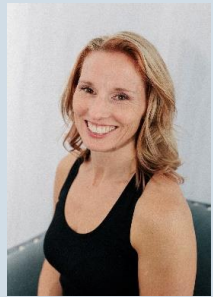
Tues Feb 6	HGH Campus	12:15 PM – 12:45 PM Marg Charters
Tues Feb 13	MUMC	12:15 PM – 12:45 PM MUMC 4E20
Wed Feb 14	KING WEST	12:15 PM – 12:45 PM Rm. 23-009/010
Tues Feb 20	JHCC	12:15 PM – 12:45 PM JH A4-4 Auditorium
Tues Feb 27	SPH	12:15 PM – 12:45 PM North Conference Rm
Wed Feb 28	WLMH	12:15 PM – 12:45 PM Board Room

REGISTER TODAY!

Register to attend : shinehhs.ca
Questions? Email [Jessica Galopoulos](mailto:Jessica.Galopoulos@shinehhs.ca)



Blueberry Therapy
PELVIC HEALTH AND PEDIATRICS



EVENT BROUGHT TO YOU BY
Blueberry Therapy
Pelvic Health & Pediatrics

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- www.blueberrytherapy.ca

Kristen Parise has been a physiotherapist for over 16 years working in many settings including hospitals, children's treatment centres, outpatient clinics and in home care. She currently has her own physiotherapy practice, Blueberry Therapy, in Dundas. She has a Masters degree in Exercise Physiology and a Bachelor of Health Science in Physiotherapy from McMaster University. Kristen has received additional training to allow her to work as a Pelvic Health Physiotherapist and is passionate about providing exceptional, evidenced based care.