



Your Pelvic Floor Mentor

Women of all ages are invited to join a free four-week course covering the basics of pelvic health, with a special focus on anatomy and its role on the bladder and bowel systems. The course also includes an evening dedicated to women who are pregnant or postpartum, preparing them for pregnancy, delivery, and life after baby arrives.

Your Pelvic Floor Mentor is hosted by Doctor of Physical Therapy Jillian Cachinero. Each class consists of a 1-hour presentation followed by 30 minutes of Q&A and class-lead discussion.

Classes can be taken in sequence or separate depending on topics of interest.

Whether you are experiencing a pelvic health dysfunction or are curious about physical therapy's role in your health journey, this course is for you.

There is no charge for this class and attendees do not need a provider referral.

September 3 Pregnancy & Postpartum | **September 10** Body Basics |
September 17 Bladder Basics | **September 24** Bowel Basics



Scan QR to register

Conditions covered:

- overactive bladder
- urine leakage
- constipation
- bowel leakage
- pelvic organ prolapse
- chronic bladder infections
- pregnancy
- postpartum
- vaginal delivery
- cesarean delivery
- painful sex



Every Tuesday In September
September 3, 10, 17, 24
4PM-5:30PM



CVH Rehabilitation & Outpatient Therapy Building
1107 U.S. Hwy 395 N, Gardnerville
Turn into the second entrance into the hospital parking lot, and go past the ER.