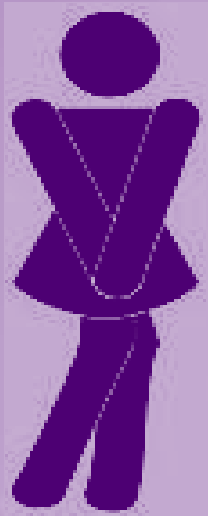


*If this is you when you s*

*Laugh,  
Cough,  
Jump  
or  
Sneeze*



# *Pelvic Floor & Core Health*

*... Reclaim your Strength & Confidence*

**Thursdays, April 17 - May 15, 9 - 10:15 AM**

Join us for an empowering *Women's Wellness Series* focused on strengthening your pelvic floor and core! Whether you're recovering from childbirth, managing discomfort, or you're looking to prevent or alleviate stress or urgency incontinence, this series will provide you with the tools to improve your pelvic health and enhance overall body strength and well-being.

Mary Bartel, Structural Yoga Therapist  
innerquestyoga@gmail.com 518-354-2425

Classes @ BluSeed Studio, 24 Cedar St, Saranac Lake or via ZOOM

Five Class Series: \$80, includes home practice material

