

Break free TODAY

So I pee a little
when I laugh. That's
normal right?

Everyone talks about
Kegels. Do they really
work? How much is
enough?

How has my body
changed "down there"
since I had my baby?

Invite your friends and join us for wine and appetizers to discuss the personal topic of pelvic floor disorders including:

- pelvic prolapse
- incontinence
- pelvic pain
- chronic UTI



Join leading physician Dr. Nahla Merhi, MD FACOG, Board-certified Urogynecologist at Silver Cross hospital for expert advice about pelvic floor disorder signs, symptoms and treatment options.

Register online at: www.silvercross.org or 1-888-660-HEAL
Help spread the word!

When?

Thursday October 3, 2019
5-7pm

Where?

Gatto's
1938 E. Lincoln Hwy
New Lenox IL 60451

****Light appetizers and wine served****

For more information visit:
www.voicesforpfd.org