



# Pelvic Floor Workshop

## Event Details

### **Where**

Mor2 Fitness Studio

Unit 1a & 1b, Beckery Old Rd, Morlands, Glastonbury

### **When**

Saturday 3rd March 2018

10am - 12pm

### **Cost**

£10

pre-booking essential

### **Booking**

Please contact Sharon on [mor2fitness@hotmail.com](mailto:mor2fitness@hotmail.com) or Debbie Dillon on [debbiedillonpelvichealth@gmail.com](mailto:debbiedillonpelvichealth@gmail.com)

***The Pelvic Floor Workshop is an ideal introduction for any woman interested in finding out more about her pelvic floor and core – and what is required to ensure your pelvic floor can do its job properly.***

After a short introduction, the workshop will be split into two 40-minute sections with a 15-minute refreshment break halfway through and will finish with a 15-minute Q&A session.

**Section 1:** Specialist Women's Health Physiotherapist Debbie Dillon will explain the function of the pelvic floor and core and its vital role throughout the various life stages. There will be practical elements to this talk to get you engaging with your inner core.

**Section 2:** Advanced Fitness Coach Sharon Milner will take you through a series of exercises in which you will learn to use your pelvic floor and deep abdominal muscles to perform functional movement patterns and classic gym style exercises.

Debbie & Sharon will also be available after the workshop for you to ask any private questions regarding your pelvic floor health.

This workshop is open to any women that wants to know more information. No matter your age or circumstances. Spread the word and invite your mum, sisters, friends and neighbour! Knowledge is power.

### **Debbie Dillon**

A Pelvic Health Physiotherapist since 2002, Debbie has experience working in both the NHS and private setting in the South West. Debbie provides integrative Physiotherapy programmes, including acupuncture, for a range of different problems such as, pelvic girdle pain in pregnancy and post delivery, rectus diastasis abdominis (tummy gap), urinary incontinence, pelvic organ prolapse, bowel issues, pelvic pain and sexual dysfunction.

### **Sharon Milner**

Sharon has worked in the health & fitness industry since 2003 in the Street/Glastonbury area. She is a qualified pre/post natal exercise instructor who has run Mums&Bugz Fitness classes for over 5 years .

Sharon offers 1 to 1 and small group Personal Training. She also offers a range of fitness classes at Mor2 Fitness.