

# Beyond Kegels: The Total Core



## Complimentary Pelvic Health Workshop

**Tuesday, May 20 | 11:30 a.m.**

**Byron Township Community Center  
2120 76th Street SW  
Byron Center, MI 49315**

Learn from the clinical experts from the NovaCare Rehabilitation in Byron Center as pelvic health therapist Megan Ivaska and physical therapist assistant Samantha Walsh teaches you about the pelvic floor, it's role and how it functions with your abdominals. We'll be discussing various exercises while teaching you the importance your pelvic floor plays in core strength and stability. Lunch will also be provided.

**Questions? Call us at 616.277.1768 today!**