

FREE Workshop West Park Rehab Pelvic Health



Pelvic Health Physical Therapy focuses on the muscles that support your bladder, bowel, and core—playing a vital role in comfort, confidence, and daily movement.

We provide this specialized care to help women manage pain, bladder concerns, pregnancy and postpartum changes, and pelvic discomfort in a private, supportive setting.

Join us live from our Pelvic Health Suite in Seneca and learn how pelvic health therapy can help you feel stronger, more comfortable, and in control of your body again.



**Anneliese Welch
DPT**

**Tuesday
January 13th @ 8AM
LIVE @
West Park Rehab
Pelvic Health Suite in Seneca**

Join us on Facebook and tune in for the live recording!

Plus, join us for FREE EVENT –Ladies Night Out!
January 29th at 5:00 PM at Cork & Screw- Oil City
An evening of education, connection, and fun—more details coming soon!