

Strong from the Inside Out: Your Path to OrthoPelvic Wellness

BECAUSE YOU DESERVE TO LIVE YOUR BEST LIFE.

Knowledge is power—especially when it comes to your health. Join us for a conversation that can help you feel more informed, empowered, and confident in your body.

Who Should Attend?

- Anyone curious about orthopelvic wellness and preventive care

Or if you are experiencing:

- Pelvic, hip, or low back pain
- Leaking when laughing, coughing, or exercising
- Pelvic floor concerns, such as incontinence or prolapse
- Sexual pain or dysfunction
- Want to stay active, independent, and confident in movement

Event Details:

📅 Date: Monday Nov 10th

🕒 Time: 6 pm

Location: Scottish Rite Masonic Center
65 Saunders Rd
Newport News, Va 23601

