

A Workshop for Women

*with Judy Hammond Bed ANATD MSTAT, teacher of the Alexander Technique,
movement and dance*

Sunday, 7 April 9.30 for 10.00-16.30



Join us for a relaxing, informative day where you will learn how to maintain and improve the health and tone of the pelvic floor – which is vital for physical and emotional wellbeing. We will practise safe, gentle, effective versions of the classic pelvic floor exercises and do essential work on refining the way we use our spines and feet – both of which have a major effect on pelvic floor function.

Cost: £65 includes lunch and refreshments by Nourish

Code: WWW1

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth, Herts SG6 3NA
Tel: 01462 678804 www.leitchworthcentre.org

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