

# UPCOMING WORKSHOP: **SUPPORTING PELVIC HEALTH**

**Join the Nova Scotia Sisterhood for a FREE pelvic health workshop. We'll discuss:**

- Anatomy (parts) of the pelvic area and common concerns.
- Menopause and age-related changes.
- What is “normal”, and when you should see a doctor.
- Pelvic Floor Physio and its benefits.
- Tips for pelvic floor health.

Note: This session is exclusively for the Black community. All genders welcome.

Spots are limited. Registration required.  
Light refreshments will be served.



## **Guest Speaker:**

**Amy Prescott** (she/xe)

MScPT, BScH (Biology)

Registered Physiotherapist,  
Orthopedic & Pelvic Health

Halifax Sexual Health Centre and  
Synergy Physiotherapy + Pilates

**To reserve a spot, call 902-225-2678 or send an e-mail with your full name and phone number to [NSSPrograms@nshealth.ca](mailto:NSSPrograms@nshealth.ca)**

**Date & Time:** Jan. 19, 2026, at 6 pm

**Location:** 230 Wyse Road, Dartmouth

