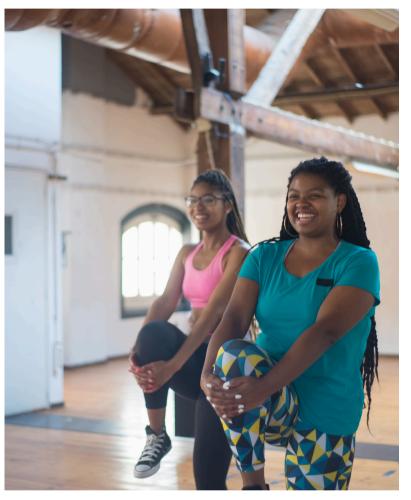


OCTOBER EDITION

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GREETINGS

Happy New Month from Healing Hands Pelvic Health and Wellness and Welcome to our newsletter! Here we will give updates of upcoming events, last month wins, and interesting topics of the month! Thank you for your support in our growth!

TOPIC OF THE MONTH

URINARY URGENCY

The intense sudden need to urinate causing discomfort and potential accidents if not addressed! Some but not all potential causes

- I.Overactive Bladder
- 2.Bladder Irritants
- **3.Urethral instability**
- 4. Pelvic floor

UPCOMING EVENTS

10/15/24: Speaking virtually with the Chocolate Milk Breastfeeding Group 10/19/24: Pelvic Floor and Core Workshop with Burn Boot Camp 10/31/24: Christian birth-workers association conference

HIGHLIGHTS

- We attended pelvicon conferencedetails on our instagram!
- We celebrated some wins: one client regaining sensation in her c-sectiong scar, and another is finally having pain-free intercourse!