



NEWS LETTER

© 2025 Healing Hands Pelvic Health and Wellness LLC. All rights reserved.

JANUARY EDITION

ISSUE 5 | 1/14/2025



TOPIC OF THE MONTH

VULVA VS VAGINA

YOUR VULVA IS THE NAME OF THE GENITALS ON THE OUTSIDE OF YOUR BODY/PELVIC REGION. THESE INCLUDE:

CLITORAL HOOD

CLITORIS

LABIA MAJORA

LABIA MINORA

URETHRAL OPENING

VAGINAL OPENING

THE VAGINA IS THE INTERNAL CANAL RUNNING FROM CERVIX TO VULVA

UPCOMING EVENTS

1/30/25: Speaking at Breath of Life Workers Monthly Webinar

HAPPY NEW YEAR!

Happy New Year! What are your New Year resolutions? Have you achieved your goals of leakage-free running or pain-free sex? Let's make a goal together to prioritize our pelvic health this year! Thank you for your support in our growth!

HIGHLIGHTS

★ Last year we had a many success stories, community outreach events, and connected with various support groups! We're hoping to expand more this year and excited for what's to come!