



EUGENE YOGA

A SANCTUARY FOR MIND, BODY, SPIRIT

SEX, CHOCOLATE & THE FEMALE PELVIC FLOOR

Bring a friend to this informative and fun evening! Enjoy complimentary chocolate and wine while you engage in discussion with a panel of local women's health experts. We will discuss a wide variety of topics such early sexuality, child bearing years, menopause, and more! Facilitator is Judy Abel, Yoga Instructor, Physical Therapist and owner of Pelvic Wellness.

Thursday, March 5, 7-9 pm

Cost: \$15 Please preregister. Proceeds benefit our scholarship fund.

Eugene Yoga 3575 Donald St. Eugene, OR 97405

541-520-8771 • www.eugeneyoga.us

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female pelvic floor

