



So I pee a little when I laugh. That's normal right?

Everyone talks about Kegels. Do they really work? How much is enough?

How has my body changed "down there" since I had my baby?

If you're like most women, you have **LOTS** of questions about personal topics that don't often get discussed—it's time to start talking. Join us for cocktails and conversation about all the things our mothers, sisters and girlfriends never told us about...

The PFD Alliance Presents

Take the Floor Tonight

"Break Free" from Pelvic Floor Disorders

It's time to Start Talking and "Break Free from PFDs."

Join UW Health physicians Heidi Brown, MD and Sarah McAcharan, MD for expert advice about PFD signs, symptoms and treatment options.

Find out how you can strengthen your pelvic floor with a demonstration of quick and easy exercises and tips. Invite your friends and join us for an evening of powerful conversation that could change how you're living your life. Help spread the word! Register online at: voicesforpfd.org/breakfree

November 13, 2013
6:30 – 8:30 PM

The Regent Room
HotelRED
1501 Monroe Street, Madison, WI 53711

For more information about the Alliance and this Campaign visit voicesforpfd.org/breakfree



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