



The Sports Rehabilitation Center brings you...

The Bladder Fitness Class

Presented by Anisha Drake, PT, DPT
Pelvic Floor Physical Therapist

We've all done it before - rush to the bathroom in the middle of the night, or go to the bathroom right before a road trip "just in case."

Bladder Fitness is an important but often neglected part of our life.

One out of four adults has "over active bladder syndrome," and one out of two women, over the age of 45, has stress incontinence.

If this sounds familiar or you would like to learn more about your body, please join us!

When: Thursday, October 10, 2013

**Where: The Marcus JCC in Dunwoody
Brill Room 184**

Time: 10am or 7pm