



# Achieve More with a Healthy Pelvic Floor

**Thursday, June 5, 2025 | 6 p.m.**

**Location:** Zoom Meeting

Are you experiencing pain in your pelvic area during sex, personal care, or urination/bowel movements? It's time to advocate for yourself! Join Kathie Olson, nurse practitioner and program director for Capital Health's Center for Incontinence and Pelvic Health, to learn strategies for living your life without pelvic pain. Kathie will be joined by Rachel Hannum-Grinstead, a licensed pelvic health therapist, who will discuss the benefits of pelvic floor physical therapy. All genders are welcome!

This event will be taking place virtually using Zoom. Register online at [capitalhealth.org/events](https://capitalhealth.org/events) and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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