

Southcoast Health to hold a Kegel Connection workshop in Dartmouth

Southcoast Health will host a free women's health physical therapy workshop on Saturday, September 10 from 10 a.m. to noon at the Center for Women's Health, located at 300B Faunce Corner Road in North Dartmouth.

"The Kegel Connection: A workshop to learn how to strengthen your pelvic floor muscles" is sponsored by Southcoast Rehabilitation Services, and will be led by Janet Gillis, PT, WCS, a board-certified specialist in women's health physical therapy, and Justina DaRosa, PT, DPT, who specializes in pelvic health physical therapy.

The seminar will include a review of anatomy and the role of muscles in keeping a healthy bladder. The instructors will also teach healthy bladder habits and exercise techniques, which will include a recommended regimen for strengthening the pelvic floor muscles and the lower abdominals. Weak pelvic floor muscles can result in problems with bladder control and may contribute to a dropped bladder/uterus. These problems can be prevented or improved with a specific exercise program.

Registration for this free workshop is encouraged as class size is limited. Call 508-973-9446 to register. Loose fitting, comfortable clothes are recommended to those who attend.