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Isle of Wight
NHS Trust



Womens' Health Physio Open Day

*Free event suitable for women of all
ages, no booking required*



Pop along & meet our friendly team, find out how Specialist Physiotherapy may help prevent and improve Pelvic Floor problems such as;

- Irritable bladder
- Giggle incontinence
- Urgency and frequency
- Prolapse
- Pregnancy related issues

Also available on day (TBC):

Pessary advice

Intimate lubricants/ moisturisers

WOW Womens' Centre

Falls prevention advice

Age UK

Sexual Health

Slimming World

Cake Sale

Laidlaw Day Hospital

Newport -

Opposite B&Q

Friday 27th April 2018

Drop in 10am-1pm