

WOMEN AND PELVIC FLOOR HEALTH

with guest speaker **Lital Pentelka**

Lital Pentelka is an experienced physiotherapist specialising in pelvic floor health.

We will learn how the pelvic floor works, how it changes over time, and what we can do to support it.

Thursday 29 January 2026 at 7.30pm
at a **St. John's Wood, London NW8** venue

Tickets: **£20 each**

To book please visit: wizouk.org/events

For further details please contact
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Please note: This event will be in Hebrew