

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 18 June 2026 at 7.30pm
at an **NW11** venue

Tickets: **£25 per person**

To book please visit: [wizouk.org/events](https://www.wizouk.org/events)

For further details please contact
Kay Wierba: 07886 635 219 / kay@kayw ltd.com