



# NEWS LETTER

© 2024 Healing Hands Pelvic Health and Wellness LLC. All rights reserved.

## OCTOBER EDITION

ISSUE 2 | 09/30/2024

### TOPIC OF THE MONTH

#### URINARY URGENCY

The intense sudden need to urinate causing discomfort and potential accidents if not addressed! Some but not all potential causes

1. Overactive Bladder
2. Bladder Irritants
3. Urethral instability
4. Pelvic floor

### UPCOMING EVENTS

10/15/24: Speaking virtually with the Chocolate Milk Breastfeeding Group

10/19/24: Pelvic Floor and Core Workshop with Burn Boot Camp

10/31/24: Christian birth-workers association conference

### HIGHLIGHTS

✨ We attended pelvicon conference- details on our instagram!

✨ We celebrated some wins: one client regaining sensation in her c-section scar, and another is finally having pain-free intercourse!



### GREETINGS

Happy New Month from Healing Hands Pelvic Health and Wellness and Welcome to our newsletter! Here we will give updates of upcoming events, last month wins, and interesting topics of the month! Thank you for your support in our growth!