



# Blacktown Women's and Girls' Health Centre

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**Blacktown Women's and Girls' Health Centre and  
the EP Clinic will be running an exercise session**

**Wednesday 18th February 2026, 10:00am**



***Please Join us to***  
**Learn the basics on pelvic floor**  
**strengthening.**

**Be guided through the 3 important steps to**  
**improve pelvic floor and reduce leaking.**  
**Learn easy exercises to strengthen pelvic floor**  
**and the whole body.**

**Cost of \$5 for the session.**

***Please ring our reception on 9831 2070 to book your spot***

***Please Note: There is no onsite parking for clients or visitors on site***