

# INTERNATIONAL WOMEN'S DAY

## RECLAIMING BODY TRUST: PELVIC HEALTH, STRESS, AND SELF-COMPASSION

This event is free of charge and open to the community!

A session on how women can reconnect with their bodies, understand pelvic symptoms through a biopsychosocial lens, and build confidence in their own capacity for healing.

# MARCH 6

🌸 11:00AM - 12:15PM

🌸 161 BRIDGE ST. W  
BELLEVILLE, ON

\*Registration Required\*

**KEYNOTE SPEAKER**

**NICOLA ROBERTSON**



Nicola is a registered physiotherapist, business owner and keynote speaker who specializes in pelvic health, chronic pain, orthopedics, and conversations about self-love and empowerment.

To register scan the QR code or visit [www.tiny.cc/iwd2026](http://www.tiny.cc/iwd2026)

Questions? Contact Alyssa:  
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ME!

