



*SaraLee*

**Forsyth** MEDICAL CENTER  
CENTER FOR WOMEN'S HEALTH

*Presents*

# Always running to the bathroom? Stop here.

Strengthen key pelvic muscles with Total Control™ and see the difference:

- Stronger core
- Better bladder health
- Improved posture
- Enhanced sex and orgasms

Plus, discover how making simple lifestyle changes can make a big difference in your pelvic health and your life. Enroll in Total Control™ today. And start walking to the bathroom.



**When:**

Classes begin April 13  
and run for 7 weeks  
Tuesdays and Wednesdays  
7:30am – 8:45am

**Where:**

Sara Lee Center for  
Women's Health

**Cost:**

\$70.00 – payment due  
no later than first class

That's  
only  
**\$5**  
a class!

Contact  
Health Connections  
at 336.718.7000  
for details and to  
register. Space  
is limited.

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