



*SaraLee*

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

*Presents*

# Total Control™

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

- Stronger core
- Better bladder health
- Improved posture
- Enhanced sex life

Discover how making simple lifestyle changes can make a big difference in your pelvic health and your life. Enroll in Total Control™ today.



**When:**

Classes begin January 16, 2012 and run for 6 weeks on Mondays, 5:30pm – 6:45pm

**Where:**

Sara Lee Center for Women's Health Community Room 2

**Cost:**

\$30.00 – payment due no later than first class

**Includes book and exercise kit!**

**Contact Health Connections at 336-718-7000 for details and to register. Space is limited.**

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