



The Pelvic Instability Association (PIA) invite you to their

## October Meeting

Featuring guest speaker **Kate McGillivray**, a physiotherapist and pilates practitioner who specialises in PGP and will talk about the importance of individualised exercises, pilates and the use of the Real Time Ultrasound machine.

**Sunday, October 25th**

**2 pm to 4 pm**

**Location:**

**The Phoenix Park Library Meeting Room**

**Rob Roy Road, Malvern East** (Mel Ref 69 D2)

Disabled and baby changing facilities available

Reserved parking spaces

Library

Adventure playground and café for older children and partners

*To RSVP and obtain more details, please email [pelvicinstability@yahoo.com](mailto:pelvicinstability@yahoo.com) or leave a message on our telephone message service: (03) 9539 3217*

The Pelvic Instability Association (PIA) is an incorporated association, staffed entirely by volunteers, based in Victoria, Australia, with members worldwide. This group aims to provide support & information to women & families affected by Pelvic Instability in Australia and raise awareness of Pelvic Instability in the community and amongst health professionals.

*The purpose of this meeting is to offer information and support to women with Pelvic Instability. It is not a substitute for professional medical advice. Always consult with your medical practitioner about your personal circumstances when considering the information or advice presented. No liability whatsoever is accepted by the Pelvic Instability Association for any damage, loss or injury resulting from attending this meeting.*