BLIND SPORTS & Recreation Victoria

In this newsletter, you'll find a vibrar programs designed to empower, co to surfing lessons, golf and sensory enjoy. Please join us and join in. By working together, we can break engagement, and ensure.

Art by Description

Second Friday of every month, 2pm AEST

BLIND SPORTS

& Recreation Victoria

Please join us & join in.

As a participant or volunteer at Blind Sports & Recreation Victoria, we support you to stay connected, learn skills, make friends, stay healthy, get active, have fun and enjoy life. Give us a call and let us know your interests.

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Pelvic floor exercises, like Kegels, are important for both men and women because they strengthen the muscles that support the bladder, bowel, and uterus, and improve bladder and bowel control, sexual function, and overall pelvic health. ce any muscle in the body, pelvic floor muscles can be trained with regular, targeted ercise. In almost all cases it's possible to gain control over the pelvic floor muscles d to train them to do their job well. Pelvic floor muscle exercises can help with: