

### LIVE LIFE TO THE FULLEST

With the many roles you play, it's not always easy to find the time and energy to take care of yourself. Staying informed, getting recommended health screenings, and living a healthy lifestyle can help keep you feeling and looking your best at every age.



### Women's Pelvic Floor Health

As many as 9 million women suffer from chronic pelvic pain. If you are living with pelvic pain as well as bowel and bladder dysfunction, we invite you to participate in our interactive, small group session. Learn ways to help your body heal with physical therapy interventions, relaxation strategies, tools to address the psycho-social aspects of pain, and simple lifestyle changes. This class is led by physical therapists and women's health counselors.

1 session, 2 hours, for Kaiser Permanente members

No fee

#### Locations

- Mount Talbert Medical Office
- Westside Medical Office

To register, please call 1-844-394-3972 (toll free). You also can register by scheduling an appointment on [kp.org/appointments](https://kp.org/appointments). Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

### Taking Control of Your Bladder

If you're a woman who has problems with urine leakage or getting to the bathroom quickly enough, this group appointment can help you explore treatment options that best meet your needs.

1 session, 1 hour, for Kaiser Permanente members

No fee

#### Locations

- Mt. Talbert Medical Office
- Orchards Medical Office
- Skyline Medical Office
- Tualatin Medical Office

To register, please call 1-844-394-3972 (toll free). You also can register by scheduling an appointment on [kp.org/appointments](https://kp.org/appointments). Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.



### Want to know more?

- Visit [kp.org/womenshealth](https://kp.org/womenshealth).
- Go to [kp.org/video](https://kp.org/video) to watch a video on family violence prevention.

### Women's Sexuality Class

Get information about female sexuality and sexual response. Join this small, supportive group setting to identify solutions for common sexual problems.

1 session, 2.5 hours, for Kaiser Permanente members

Fee: Office-visit copayment

#### Location

Interstate Medical Office East

To register, please call 503-571-2946 or 1-855-285-4246 (toll free).



### Women's Midlife Transitions

Wondering about perimenopause or menopause? You can receive information about midlife health, including hormonal treatments and alternatives, in this group appointment.

1 session, 2.5 hours, for Kaiser Permanente members

Fee: Office-visit copayment

#### Location

Interstate Medical Office East

To register, please call 503-571-2946 or 1-855-285-4246 (toll free).