

UPLIFT

A positive approach to prolapse & pelvic floor problems

A weekend workshop offering great support, a place to talk & practical, natural & effective solutions to lift your prolapse & strengthen your pelvic floor.

Experiencing life limiting effects?
Discomfort, peeing on coughing, dragginess, a sense of dropping down below?

Dismayed by dismal prognosis for recovery or concerned about surgery?

Facilitated by 3 experienced female healthcare practitioners, embracing 3 generations.
Jill Kettle, Justine Sipprell & Janine Mackerron.

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Uplifting news for that sinking feeling!