

**Austin Women's
Pelvic Pain Support Group Schedule:**

Monday, Feb. 7:

*Abdominal Massage for Pelvic Pain
Speaker: Erin Baird, PT, DPT*

Monday, Mar. 7:

*Homeopathy for Women's Health
Speaker: Noel Peterson, Homeopathic Practitioner*

Monday, Apr. 4:

Open Discussion

Monday, May 2:

*Abdominal Exercises
for Pelvic Pain
Speaker: Ivonette Carothers*

Monday, June 6:

Open Discussion

Monday, July 11:

Speaker: TBD

Tuesday, September 6:

*Speaker: Christine Marquette, RD, LD, CLT
"Dietary Considerations for People with Chronic Pain and IC"*

Monday, October 3:

*Speaker: Kate Wodash Catlow, Cert. Pilates Instructor and Trainer
"Pilates for Pelvic Floor Health"*

Monday, November 7:

*Speaker: Pamela Yagjian, MS, CHt
"Hypnosis for Chronic Pain"*

Monday, December 5:

Open Discussion