

# Revolutionary System for Women Inner Core and Pelvic Floor Training

Reclaim your health *and* your shape!



Stop the Leaks  
Smaller Waist  
Less Back Pain



Presented by  
Kathleen Pagnini  
Inner Core and Pelvic  
Floor Specialist will teach  
you the latest scientific  
research on how to stay  
youthful at every age and

stage of life *WITHOUT*...

- ▶ Pills
- ▶ Pads
- ▶ Surgery
- ▶ Kegels
- ▶ Workouts
- ▶ Crunches

Developed and Trademarked by  
Dr. Theresa Nesbitt OB/GYN and  
Women's Health Specialist

**Saturday September 30, 2017**

Where: Scripps Memorial Hospital

La Jolla, San Diego (Schaezel Center)

Employee Fitness Center 2nd floor

Time: 10am-12noon Intro-Principles

1pm-3pm Practice

Cost: \$80 prior to 9/9- After 9/9 \$95

Includes *videos for home practice. Please bring a sack  
lunch for discussion*

Space limited. To pay by credit card: Please go to:

[www.paypal.com](http://www.paypal.com) and *pay to email*

[kpagnini@gmail.com](mailto:kpagnini@gmail.com)

[www.innercorefitness.com](http://www.innercorefitness.com)