



SENIORS'
COLLEGE
ASSOCIATION
OF NOVA
SCOTIA

SCANS is a registered non-profit organization dedicated to providing non-credit academic courses to seniors (age 50+) in Nova Scotia

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FREE PUBLIC LECTURE

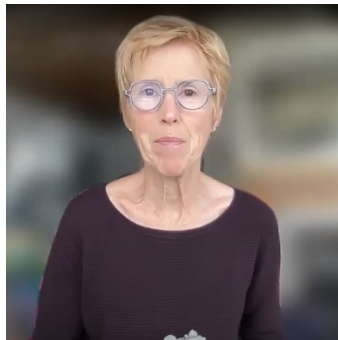
March 10, 2022 (Thursday)

2:00 pm

via Zoom

BLADDER ISSUES: WHY THEY HAPPEN, WHY KEGELS DON'T HELP, AND HOW TO GET CONTROL BACK

The problems of stress leakage, urgency, over-active bladder, and getting up in the night multiple times are rooted in many factors. This presentation brings an integrated, whole-body perspective to unpacking the mysteries of how the system works – or doesn't – and the many approaches available for resolving issues for both women and men.



SHELAGH MEAGHER

is the owner of SheSpot Halifax. Shelagh opened SheSpot, a Halifax-based incontinence clinic, two years ago. Dubbed The Pee Queen by SheSpot's clients because of her enthusiasm for studying the subject, she's a Certified Emsella Practitioner with a background in science, health tech, and research. She was inspired to create SheSpot by other practitioners whose female-centric, function-first clinics for continence and sexual function stood out in the weirdly male-dominated "vagina industry." Shelagh has an 'A' student mentality that drives her relentless quest for understanding new ways to get the job done, including those offered outside her clinic.



SARAH TANNER

Is a native Haligonian, Dr. Tanner (ND) is a member of both the Nova Scotia and the Canadian Associations of Naturopathic Doctors and has owned Natural Choices Health Care in Halifax since 2006. She graduated from the Canadian College of Naturopathic Medicine (CCNM) in Toronto, holds a Bachelor of Science from Dalhousie University, and teaches research methods at the Canadian College of Massage and Hydrotherapy. A frequent collaborator with SheSpot in treating the underlying causes of bladder issues, her specific areas of expertise include general women's health, hormones, digestion, autoimmune conditions, and Bowen therapy.

Please register for the Zoom presentation at www.theSCANS.org