

# Don't Make Me Laugh, Cough or Sneeze!

Saturday, September 24  
11:30 am to 12:30 pm  
*(light lunch to follow presentation)*

Diamond Hills Spa  
1510 Neroly Rd., Oakley



**Imagine being able to laugh, cough or sneeze...or jump rope...  
without worrying about leaking!**

Join us for an informative presentation by area urologists  
Sabri Sen, M.D. and Jonathan Chin, M.D.

Physical Therapist Susan Darm will discuss pelvic floor therapy,  
a non-surgical treatment option Sutter Delta offers for continence  
issues for women of any age.

Enjoy a light lunch at this free presentation and enter a raffle  
drawing for a fabulous prize!

Space is limited. Please reserve your space by sending an email  
to **Lombaa2@sutterhealth.org** or by calling **(925) 779-3608**.

 **Sutter Delta  
Medical Center**  
A Sutter Health Affiliate



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