



<Patient Name>,

I have updated your personalized plan of care. Please view your plan to review the changes and make the necessary adjustments to your daily routine. Feel free to contact me with any questions.

Keep working hard every day on your goals until our next appointment. I want you to be **floored** by your progress!

Kind regards,
Dr. Sarah Tillay
Floored Pelvic Health



|

[Contact Dr. Tillay](#)

Unread Messages



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My Plan

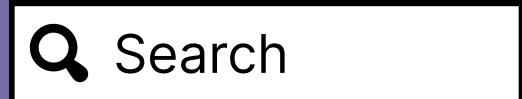
Exercises



Guided Meditation



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