

Paint, Sip, Shop & Talk! KCMS Women's Health Event!

Friday Jan 9, 2026 – 5:30pm – 7:30pm

@ TDC Cavalon Place 2011 NW Myhre, Silverdale



What is Paint, Sip, Shop & Talk and What is the Health Talk about?

For the past couple of years, the Kitsap County Medical Society Alliance/Foundation developed the event "Paint, Sip, Shop & Talk". The event focuses on women's health and well-being by spotlighting key health topics that affect women at every stage of life. It's also a social event where guest will have a painting activity offered (PAINT), Appetizers, Sparkling Cider and Wine (SIP), a chance to shop for women's fashion (SHOP) and of course the social aspect of chatting with other ladies in our community and listening in on an informative health (TALK) by specialist in that field!

Our next event is Friday January 9th at 5:30PM at The Doctors Clinic Cavalon Place in Silverdale. It will center around the subject, **Know Your Pelvic Floor**, to encourage women of all ages to learn more about their pelvic floor—including types of pelvic floor disorders, risk factors, symptoms, treatment options and proactive steps to strengthen and support the pelvic floor and overall wellness. While listening in, also plan on sipping beverages, snacking on appetizers, a fun painting activity and a chance to shop for fashion.

Common Pelvic Conditions

Pelvic Floor Dysfunction: This can manifest as overactive or underactive pelvic floor muscles, affecting bladder and bowel control

Urinary incontinence: The loss of bladder control — is a common and often embarrassing problem. The severity ranges from occasionally leaking urine when you cough or sneeze to having an urge to urinate that's so sudden and strong you don't get to a bathroom in time

GUEST SPEAKERS:

Amy Li, MD

Urologist
at The Doctors Clinic



Emily Everett, PT, DPT, PHC

Pelvic Health Specialist
at Kitsap Physical Therapy



Cost: \$20/KCMS Members & \$30/Non-Members

Mail payment to: KCMS – PO BOX 490, Silverdale, WA 98383 or Phone/Text KCMS at 360.689.2928 to pay w/ a CC or Venmo

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