

HEALTHY BLADDER & BOWEL WORKSHOP

**ONE DAY WORKSHOP ON ZOOM
1PM - 2PM MONDAY MAY 25TH &
10AM - 11AM WED MAY 27TH**

A women's health physiotherapist will present a talk on bladder, bowel & pelvic health. Topics include; good bladder & bowel habits, incontinence pelvic organ prolapse, pelvic floor & general safe exercise

BOOKINGS ESSENTIAL

please email wilma@wilma.org.au

WILMA
Women's Health Centre

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**Continence
Foundation
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NATIONAL
CONTINENCE
HELPLINE

1800 33 00 66

For any enquiries or if you need help using ZOOM
please call (02) **4627 2955**