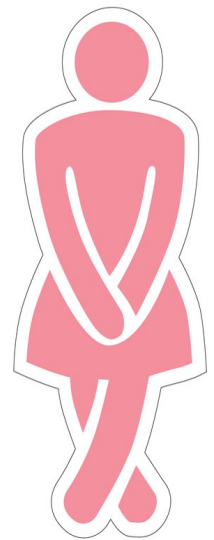


Proudly Presents

‘Lifting the Lid’ on Bladder and Bowel Health

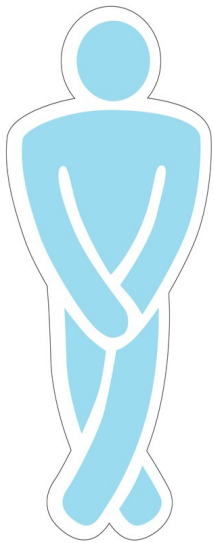
This free information session conducted by a qualified Continence Nurse Advisor, will outline

- ♦ Common bladder and bowel issues
- ♦ Why these problems occur
- ♦ Tips to prevent and manage bladder and bowel health issues



Did you Know?

- ♦ 1 in 4 Australians have bladder and bowel problems
- ♦ In many cases, simple lifestyle changes can really help



Date: Thursday, 28th June

Time: 10am - 12noon, 9.45am registration

Venue: Jim Satchell Recreation Centre
1 Light Street, Dianella

Cost: Free, donations appreciated

**Please register with Bladder and Bowel Health Australia
phone: 9386 9777**

**E: events@bladderbowelhealth.org.au or register at
Eventbrite via <https://1tldianella.eventbrite.com.au>**