

# BETTER BLADDERS FOR WOMEN

Free information session on pelvic floor health for women.



This workshop is for all women who want to learn how to improve their bladder control.

We will cover:

- What is the pelvic floor?
- Healthy bladder and bowel habits
- How to activate and strengthen your pelvic floor muscles.

## When

Friday  
1 March 2019  
10:00 am to 12:00 pm

## Where

Canterbury City Community Centre  
130 Railway Parade  
Lakemba NSW 2195

**Instructors:** Tusanee Jierasak, Physiotherapist, Leichhardt Womens' Community Health Centre  
Lisa Sing, RN, Leichhardt Womens' Community Health Centre

**Cost:** Free, with a light lunch included.

Funded by Continen



For more information call **Romana** on **9750 9344**



Canterbury City  
Community Centre  
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