

PELVIC FLOOR MATTERS

Because it matters to you!

Free Seminar: Auckland, Wellington, Christchurch

Fact 1: 1 in 3 women experience urinary problems or poor pelvic floor health.

Having a healthy functioning pelvic floor muscle is important to all women – no matter your age.

The benefits of pelvic floor muscle exercises

Pelvic floor muscle exercises can help with:

- improving your control over bladder and bowel function
- reducing the risk of prolapse ('sagging' of internal organs)
- better recovery from childbirth and surgery (in women)
- increased sexual sensation and orgasmic potential, and
- increased social confidence and quality of life.

Come along and find out how to train your pelvic floor muscles and protect them.

This is an interactive evening. Take back control and regain your quality of life.

AUCKLAND

Ellerslie War Memorial Hall - Main Hall
138 Main Highway, Ellerslie

Monday 23 June 2014 7.30pm - 8.30pm.

CHRISTCHURCH

YMCA, 12 Hereford St, Christchurch

Monday 23 June 2014 7.30pm - 8.30pm

WELLINGTON

ASB Sports Centre,
72 Kemp St, Kilbirnie, Wellington

Tuesday 24 June 2014 7.30pm - 8.30pm

There is no need to register but if you have any questions feel free to contact zoe@continence.org.nz or phone 09 238 3172



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