

Laugh Without Leaking

Continence Program for Women



SESSION DETAILS

DATE

Wednesday
8th April 2020

TIMES

10.00am – 12.15pm
Or
5:30pm – 7:45pm

VENUE

Central West Women's
Health Centre
20 William Street
Bathurst

COST: Free

Light refreshments provided

TO REGISTER

Contact: Ann-Marie Brittain
Health Promotion Worker
T: 6331 4133
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Supported with funding from
NSW Ministry of Health
(WLHD) and Continence
Foundation of Australia

Join us for a free seminar providing women with important information and tips to improve understanding of the basics of good pelvic health.

Topics will include:

- Causes of incontinence
- Finding your pelvic floor & how our waterworks system functions
- Healthy pelvic floor habits
- Continence management throughout life
- Pilates exercises for good pelvic health
- Available treatments



Presenters

Caitlin McCartney, Physiotherapist and Pilates Instructor

Caitlin is passionate about empowering women to make informed choices about their body. She has studied both a Doctor of Physiotherapy and a Bachelor of Exercise and Sport Science.

Louise Linke, Nurse Practitioner – Continence

Louise has been working in the area of continence nursing for over 15 years. Her role includes assessing and developing continence plans with people experiencing incontinence and providing ongoing support.

