

Holding up down under



WHEN:

Wednesday 26th February, 2014
6.30pm arrival for 7.00pm start

WHERE:

Coorparoo RSL & Community Club
45 Holdsworth Street, Coorparoo Qld 4151

What is it about?

Everything you wanted to know about pelvic organ prolapse but were too afraid to ask.

Prolapse is common. It won't go away if you ignore it, and help is available

About half of all women who have had a child have some level of prolapse.

A prolapse is due to weak pelvic tissues and pelvic floor muscles, all women should keep their pelvic floor muscles strong no matter what their age.

This **FREE** event is for anyone who wants to learn more about treatment options for pelvic organ prolapse and what to do to prevent prolapse coming back again.

Program

- 6.30pm:** Registration and refreshments
- 6.55pm:** Welcome - Continence Foundation of Australia, Tracey Sparks
- 7.00pm:** Prolapse - what are my options? - presented by Urogynaecologist, Dr Hannah Krause
- 7.45pm:** The 5 Step Plan for Managing Your Prolapse – presented by Physiotherapist, Sue Croft
- 8.30pm:** Close

Bookings are essential. Register early to avoid missing this fantastic FREE event!

For enquiries call: Tracey 07 3723 5012

Registration Options

Phone: 07 3723 5012

Email: gld.hpo@continence.org.au