

Managing the mother load: childbirth and the pelvic floor



When:

Thursday 26th June 2014

6.30pm arrival for 7pm start

The Continence Foundation of Australia
invites you to attend

Managing the mother load: childbirth and the pelvic floor

If you are pregnant or planning a pregnancy
come along and learn about sex, exercise and
pelvic floor recovery following childbirth

Where:

Coorparoo RSL & Community Club

45 Holdsworth Street, Coorparoo Qld 4151

Program:

6.30pm - Light refreshments served on arrival

7.00pm - Yummy Mummy's talk about sex, exercise and
the pelvic floor - presented by Clinical Nurse Consultant
Julie Westaway

7.45pm - It's not all about the baby: Pelvic floor
recovery following childbirth - presented by
Physiotherapist Sue Croft:

8.30pm - Close



An Australian Government initiative managed by the Continence Foundation of
Australia

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

**To register phone 07 3723 5012 or
Email: gld.hpo@continence.org.au**