

# Managing the mother load: childbirth and the pelvic floor



## When:

Thursday 26<sup>th</sup> 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: [qld.hpo@continence.org.au](mailto:qld.hpo@continence.org.au)

PROMOTING BLADDER AND BOWEL HEALTH