

Continence Information Evening

Tuesday 6th October 7.30pm

Venue: St Mary's Primary School Hall



Does this apply to you or someone you know?

- I nearly wet myself laughing!
- Up at night more than 2 times to go to the toilet
- Leaking on the way to the toilet
- Urgency
- Need to get there fast
- Bedwetting
- Day time wetting
- Constipation
- Toilet Training

"Lots of information about wee and poo to help adults and children alike!"

Come along and find out how to have a healthy bladder/bowel and wave your problems good-bye.

Máire Doyle/Uí Dhughail

Continence Specialist Nurse

£5 contribution to Team Máire Strictly Come Dancing Fundraising Event