

FIRST TUESDAY OF THE MONTH

CONTINENCE SUPPORT GROUP FOR WOMEN

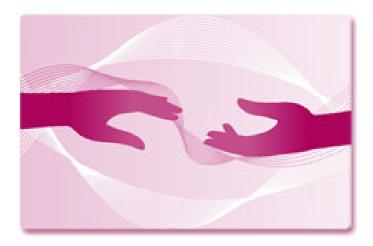
Come join the Continence support group for women.

This group meets on the first Thursday of each month at the Brighton Wellness Hub.

It is a great way to connect with other women who have experienced continence issues and build you social connections.

Suitable for all ages.

Free tea and coffee available.



Women Continence Support Group

Free monthly catch up

First Thursday of the Month

2.00pm - 3.00pm

Call Katie 36317568

BRIGHTON WELLNESS HUB

Crn Nineteenth Av Brighton 4017