



FIRST TUESDAY OF THE MONTH
CONTINENCE SUPPORT GROUP FOR WOMEN

Come join the Contenance 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 Contenance
Support Group**

**Free monthly catch
up**

**First Thursday of the
Month**

2.00pm – 3.00pm

**Call Katie
3631 7568**

**BRIGHTON WELLNESS
HUB**

Crn Nineteenth Av
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4017