



South Australia &
Northern Territory



Continenence
Foundation
of Australia

NATIONAL
CONTINENCE
HELPLINE

1800 33 00 66

Continenence Confidence

with Amanda Mouvet,
Continenence Specialist Nurse



Stick around for
World MS Day
celebrations from
3:30-5:30pm!

Thursday 30 May, 2:30-3:30pm
Repeat session, 5:30-6:30pm
Nightcliff Community Centre,
18 Bauhinia St Nightcliff, Darwin
RSVP by Thursday 16 May

Join us to learn about continence and MS and good habits to help with bladder & bowel issues. Great tips to help with managing toilet troubles at work, home and travel.

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