



Continenace
Foundation
of Australia



**Reach out and talk to someone
you trust. It can make such a
difference to your life.”**

Amanda, living with incontinence

World Continence Week
19 - 25 June 2023

[continenace.org.au](https://www.continenace.org.au)

For help and more information about incontinence call

National Continence Helpline on 1800 33 00 66

for free, confidential advice from Nurse Continence
Specialists, Monday to Friday 8am to 8pm AEST.

Scan here

