

LAUGH
WITHOUT
leaking

1 IN 4 AUSSIES ARE INCONTINENT
1 IN 5 LEAK WHEN THEY LAUGH
LEAKS CAN BE HELPED, EVEN CURED
EXERCISE YOUR PELVIC FLOOR DAILY

Call the National Continence Helpline

1800 33 00 66

continence.org.au



Continence
Foundation
of Australia