

# Want to learn more about pelvic health?

Do you:

**Leak Urine?**

**Feel heavy in your pelvis?**

**Visit the toilet frequently?**

Your local NHS Team have a **FREE** App with easy to follow **tips, guidance and advice** to help you understand, get better, and live well with the confidence to self manage

Scan the QR code or ask your GP to help get you started on your recovery

