

Want to know how to keep your bladder healthy?



Continence Awareness Week 17-23 September

Did you know that **1 in 4 women** and **1 in 10 men** experience some kind of bladder weakness? Get in touch with our continence care expert

Your Name

for a chat about your bladder health today. Or visit www.depend.com/uk for information on the diagnosis and management of bladder weakness as well as some great lifestyle advice to help you get out and live life

Depend Live life