

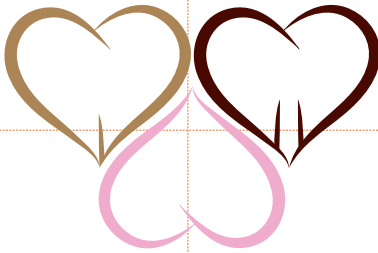
**Gusset**  
Grippers

EXERCISES:

WE WONT PEE WITH A 10, 10, 3  
INHALE, EXHALE AND  
#SQUEEZEANDLIFT  
HOLD FOR A COUNT OF 10, RELAX  
10 QUICK FLICKS, RELAX  
3 TIMES A DAY



1:3 WOMEN WET THEMSELVES  
1:10 MEN WET THEMSELVES  
13% OF WOMEN POO THEMSELVES  
20% OF MEN POO THEMSELVES  
70% OF PEOPLE NEVER SEEK  
HELP, WHICH IS A SHAME BECAUSE  
**#PHYSIOWORKS**



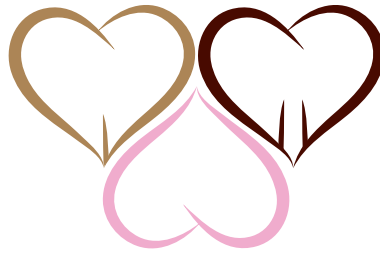
**#DOYERBLARDYEXERCISES** AND  
**#DONTPUTUPWITHIT**

LEAKING OF PEE, POO OR PUMPS IS  
COMMON, BUT, NOT NORMAL.



AND, HERE'S ELAINE SINGING:  
**HTTP://BIT.LY/PROLAPSESONG**

WHAT'S THE MAP?  
AMANDA PALMER CAN EXPLAIN:  
**HTTP://BIT.LY/MAPOTASSIE**



# *Gusset Grippers* ➔ 5-28 AUGUST (NOT 10,17,24) *Laugh don't leak!* ➔ 18:00 - 19:00 DAILY

ELAINE MILLER: PHYSIOTHERAPIST, COMEDIAN, MOTHER OF  
THREE AND RECOVERED INCONTINENT SHARES THE  
MYSTERIES AND WONDERS OF THE PELVIC FLOOR.

**FREE!** NON TICKETED | **FREE!** GOODIE BAG | **CPD CERTIFICATE** FOR HCPS

**"SEE THIS SHOW, YOUR KNICKERS WILL THANK YOU" BROADWAY BABY**  
**"STARTLING AND HUMOROUS INSIGHTS" SYDNEY HERALD**

WOODLAND CREATURES, 260 LEITH WALK, EH6 5EL **VENUE 282**  
0131 629 5509 [WWW.WOODLANDCREATURES.CO.UK](http://WWW.WOODLANDCREATURES.CO.UK)

[WWW.GUSSETGRIPPERS.COM](http://WWW.GUSSETGRIPPERS.COM)  [/GUSSIEGRIPS](https://www.facebook.com/GUSSIEGRIPS)  [GUSSIEGRIPS](https://twitter.com/GUSSIEGRIPS)

CHILDREN WELCOME (YOU HAVE TO ANSWER THEIR QUESTIONS ON YOUR OWN THOUGH).  
SUITABLE FOR ALL AGES, GENDERS AND ORIENTATIONS

## FLYER FOLDING INSTRUCTIONS

