

Leeds Self Help Group for sufferers of Irritable Bowel Syndrome (IBS)

BLOATING

**UNEXPLAINED
PAIN AND
ACHING**

DIARRHOEA

CONSTIPATION

**ABDOMINAL
DISCOMFORT**

URGENCY



Frustrated by the conflicting advice?

Then join our Self Help group to discuss your IBS in a friendly and relaxed environment. We meet the second Monday of every month at the Heart Centre in Headingley.

Full details on our website

LETSCUREIBS.COM

If you would like to join our self help group please email me at matt@lets cureibs.com

