



Do you have IBS?

April is
IBS Awareness
Month

"Following The IBS Network's Self-Care Programme has given me the support I needed to manage my symptoms and the tools to help me live my life to the full again..."

Don't suffer alone. Talk to us. We provide advice and ongoing support, working alongside specialist healthcare professionals.

The IBS Network is the national charity supporting people living with IBS.

For more information visit
The IBS Network website

www.theibsnetwork.org

Email: info@theibsnetwork.org

Telephone: 0114 272 3253



Registered Charity No. 1173208