



Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?

Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about your bladder and bowel health!

What will I learn in the workshop?

- ◆ Information about bladder and bowel control
- ◆ At-home techniques and exercises to help prevent or improve symptoms
- ◆ Tools to help you set goals and mark your progress

Researched and proven to reduce bladder and bowel leakage!

Online Workshop Information

Dates: Wednesdays May 21, June 4, and 18 2025, 1-3 PM through Zoom

Workshop Fee: \$25

Registration Form: <https://wiha.wufoo.com/forms/s1bwzfuy0bb2i0j/>

Contact: Amie Rein at (608) 852-7251 or amie.rein@wihealthyaging.org

Assistance available to set up a Zoom Account if needed.