

MIND OVER MATTER

HEALTHY BOWELS, HEALTHY BLADDER

Class for women

Learn strategies for preventing or lessening symptoms.

Understand how our bladder, bowels, and pelvic floor muscles work together.

Engages women to work together to set and meet personalized goals.



Location:

Omro Community Center
1005 E Main Street
Omro, WI 54963

Dates/Times:

Mondays
October 5, October 19 &
November 2
1:00 PM to 3:00 PM

***Attendees participate in all
3 class occurrences**

Register by calling: 920-232-3000

Register online: wchd.pub/PH_Payments

Recommended donation of \$15 to help
Community Center Programming



Public Health
Prevent. Promote. Protect.
Winnebago County, WI

