

Need to pee **ASAP?**

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

Join us for:

Mind Over Matter: Healthy Bowels, Healthy Bladder 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?

Information about bowel and bladder control!

Tools to help you set goals and mark your progress!

At-home techniques and exercises to help improve symptoms!



For more information, contact
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