



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!

Dates: Tuesdays Sept 22nd, Oct 6th and 20th, 2026 10:00am-12:00 pm

Location: NEW Phelps Community Center, Townhall Road, Phelps

Registration Required: Call Pam @ the Vilas ADRC, (715) 479-3625

Limited seating

All Materials Provided

