



**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 bladder and bowel health!

**Cost:** No fee



**Tuesdays, 2:00 - 4:00 pm**  
**July 21, August 4 & 18, 2020**

Virtually via Webex (Need Internet & device)  
Program coordinator will assist with set up.

**Thursdays, 10:00 am - 12:00 pm**  
**August 27, September 10 & 24, 2020**

Each workshop is limited to 10 women.

**Registration**

Please register at least one week in advance by calling 715-839-4735 or online at [www.adrcevents.org](http://www.adrcevents.org).

**Researched and proven to reduce bladder and bowel leakage!**

Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703  
715.839.4735 1.888.338.4636 tty: use Relay (711) [www.eauclaireadrc.org](http://www.eauclaireadrc.org) [adrc@co.eau-claire.wi.us](mailto:adrc@co.eau-claire.wi.us)