



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



**Thursdays, 10:00 a.m.- 12:00 p.m.
July 22, August 5 & 19, 2021**

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

**Wednesdays, 2:00 - 4:00 p.m.
October 13, 27 & Nov 10, 2021**

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.

Researched and proven to reduce bladder and bowel leakage!

Aging & Disability Resource Center, 721 Oxford Avenue, Room 1130, Eau Claire WI 54703
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