



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**

An online workshop that women age 50+ can take from the comfort of the home, learning proven, evidence-based information to help take control of bowel and bladder symptoms.

Women with similar challenges, gather in this safe, online environment to learn simple changes and activities that have been tested and proven to improve and prevent symptoms.

Even if symptoms don't currently exist, the information and techniques offered have been proven effective for prevention.

Effective!
MOM improved bladder leakage in **71% of the women who participated** and improved bowel leakage in **55% of women who participated.**

**Workshop is NOT a replacement for medical guidance.*

Fall Workshop

SET-UP SESSION:
Tues Oct 5 @ 3pm
A brief session to test our computers, laptops, audio & visual prior to Session 1

Wednesdays 3-5pm
Session 1 – Wed, Oct 6
Session 2 – Wed, Oct 20
Session 3 – Wed, Nov 3

**Small, comfortable class size
Limit of 10 students per workshop**

Researched and proven to reduce bladder and bowel leakage!



*Brought to you by the Area Agency on Aging of North Idaho
FREE OF CHARGE!*

**Advance Registration Required! Call Now!
208 – 667 - 3179**

Additional details online at www.aaani.org