

M.O.M - Mind Over Matter; Healthy Bowels, Healthy Bladder Workshop



Did you know that over half of women age 50 and older experience bladder or bowel control issues at some point in their lives?

Who: Women only, age 50+ and FREE OF CHARGE! Class size is limited to 10 women to create a supportive and welcoming environment.

What: Women with similar challenges gather virtually for **3 sessions (2 hours each session)** to learn evidence-based techniques and important information **proven** to help **prevent, take control of and even ELIMINATE** bladder and bowel leakage symptoms! 71% Of women who participated in M.O.M., experienced improvement in bladder leakage symptoms, and 55% experienced improvement with bowel leakage.

Where: An **online workshop** taken from the privacy and comfort of home.

When: Tuesday, May 2nd 3:00 PM (Set-up Session)

Wednesday, May 3rd 3:00 – 5:00 pm

Wednesday, May 17th 3:00 – 5:00 pm

Wednesday, May 31st 3:00 – 5:00 pm

(Pacific Standard Time)

Advance Registration Required

Area Agency on Aging of North Idaho

(208) 667 - 3179

Testimonials:

"I used to wake up two times a night [to use the bathroom]. Last night I got through the whole night without getting up!"

"For the first time in a very long time, I was able to get through the entire day without a single accident or changing my clothes!"