

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



**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, two-hour sessions to learn evidence-based techniques and important information **proven** to help **prevent, take control of and even ELIMINATE** bladder and bowel leakage symptoms! Of women who participated in M.O.M., 71% 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:** Each workshop consists of three, **2-hour sessions.**

**Call the  
Area Agency on Aging of North Idaho  
for the next available workshop!  
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!"*