

Control Incontinence

Proven Steps to Bowel & Bladder Control

Check for Upcoming Workshops

Visit us online or
give us a call today!
adrcofbrowncounty.org
(920) 448-4300

\$25 Suggested Donation
(helps offset cost of learning materials)



Build skills and confidence!

Join us for the Mind Over Matter: Healthy Bowels, Healthy Bladder workshop proven to help you with your bladder and/or bowel health. This program is for women over the age of 50.

We will work together and provide you with tools to learn:

- How our bladder, bowels, and pelvic floor muscles work together
- Low-impact pelvic floor exercises
- How to adjust fluid and fiber intake
- Goal setting and tracking your progress
- Other options if symptoms are not improving through the workshop
- And more!

Visit us at www.adrcofbrowncountywi.org/events
for other upcoming workshops.

*“I noticed some improvement
already just after the first class.”
~ Participant, Green Bay*



Registration is required. Space is limited.

Deadline to register is one week prior to start date, or upon filling.

Call ADRC (920) 448-4300 to register or for more details.

Reasonable accommodations for disabilities are available, please request 5 days in advance.

ADRC, 300 S. Adams Street,
Green Bay, WI (920) 448-4300

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