

Control Incontinence

Proven Steps to Bowel & Bladder Control

Upcoming Workshop

**Tuesdays,
Aug 9, 23, & Sep 6,
2022**

1 - 3 p.m.

ADRC

300 S Adams St, Green Bay

\$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 solutions if symptoms are not cured through the workshop
- And more!

Let us be your partner on your path to a healthier you. We will walk you through these tools so you can be confident in managing your bladder and/or bowel health.

Want to learn 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*



wiha



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



adrcofbrowncounty.org

adrcbrowncountywi