

# Control Incontinence

*Proven Steps to Bowel & Bladder Control*

## Upcoming Workshop

Thursdays,  
Oct 3, 17, & 31, 2024  
10 a.m. - 12 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 options if symptoms are not improving through the workshop
- And more!

Visit us at [www.adrcofbrowncountywi.org/events](http://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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