



# Control Incontinence

## Proven Steps to Bowel & Bladder Control

### Why Control Incontinence?

Bladder and bowel health are vital for confidence, independence, and wellness. This workshop helps women 50+:

- Understand how pelvic floor muscles support bladder and bowel health
- Practice gentle pelvic floor exercises
- Adjust fluid and fiber for better health
- Set goals and track progress
- Explore options if symptoms continue
- Gain tools for everyday confidence

### What to Expect?

Interactive workshops with education, exercises, and group support:

- 3 sessions, every other week
- 2 hours each
- Guided instruction, practical exercises, supportive discussion

Gentle activities welcome all fitness levels. Attending all sessions ensures the best results.

**wiha**  
Wisconsin Institute  
for Healthy Aging



### Check for Upcoming Workshops

Visit us online or  
give us a call!

[adrcofbrowncounty.org](http://adrcofbrowncounty.org)

920-448-4300

Registration is  
required and space  
is limited!

**\$35 Suggested Donation** Thanks for being part of our class! Although the suggested donation is \$35, the true value is \$112, and any additional support helps cover costs and expands future opportunities.



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