



**Did you know that over half of women age 50 and older experience issues with bladder or bowel control at some time in their lives?**

**Mind Over Matter:  
Healthy Bowels, Healthy Bladder**

An online workshop that women age 50+ can take from the comfort of the home, learning proven, evidence-based information to help take control of bowel and bladder symptoms.

Women with similar challenges, gather in this safe, online environment to learn simple changes and activities that have been tested and proven to improve and prevent symptoms.

Even if symptoms don't currently exist, the information and techniques offered have been proven effective for prevention.

**Effective!**

**MOM improved bladder leakage in 71% of the women who participated and improved bowel leakage in 55% of women who participated.**

**Workshop Schedule**

*Pre-Class Set Up Session*  
**Mon Aug 2 @ 1:30 pm**  
*A brief session to test our computers & laptops required prior to Session 1*

**Tuesdays 1:30 - 3:30 pm**  
**Session 1 – Tue – Aug 3**  
**Session 2 – Tue, Aug 17**  
**Session 3 – Tue, Aug 31**

**Small, comfortable class size**  
**Limit of 10 students per workshop**

**Researched and proven to reduce bladder and bowel leakage!**



*Brought to you by the Area Agency on Aging of North Idaho*  
**FREE OF CHARGE!**

**Advance Registration Required! Call Now!**  
**208 – 667 - 3179**

*Additional details online at [www.aaani.org](http://www.aaani.org)*