

MIND OVER MATTER

HEALTHY BOWELS, HEALTHY BLADDER

Class for women 55+

Learn strategies for preventing or lessening symptoms.

Understand how our bladder, bowels, and pelvic floor muscles work together.

Engages women to work together to set and meet personalized goals.



**For more information, please call
Winnebago County Public Health at
920-232-3000 or email
health@winnebagocountywi.gov**

**Classes at various locations throughout
Winnebago County**

Suggested Donation of \$15



Public Health
Prevent. Promote. Protect.
Winnebago County, WI

