

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.



Tuesdays, July 2, 16, and 30
9:30 - 11:30 am

MENASHA SENIOR CENTER
116 Main St, Menasha

Recommended donation of \$15

Register with Winnebago County Public Health
Call 920-232-3000 or email health@winnebagocountywi.gov



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

