

More than 60% of women over age 65 have bladder or bowel leakage, also called incontinence.

Even if you don't have symptoms now, MOM can help prevent them from starting.

Incontinence is a common health problem for women and it can lead to lots of other problems such as falls, depression, social isolation - even hospitalization or nursing room placement. But incontinence can be prevented, improved, or even cured - without medicine or surgery - by making some simple changes:

- Changing what, when, and how much you drink
- Changing fiber intake
- Doing low-impact pelvic floor muscle exercises (Kegels)

**Mind Over Matter: Healthy Bowels, Healthy Bladder can show you how!**



**Thursdays**

**September 9, September 23 & October 7 from 2-4pm**

**Plainfield Library  
126 S. Main Street  
Plainfield, WI 54966**

**Suggested donation: \$20 (not required)**

**To register, call the ADRC at  
(920) 787-6666**



**What Would You Do  
With Another 7.5 Years?  
Any (silly) thing you want!**

**Research has proven that people who have a positive perception of growing older live an average of 7.5 YEARS LONGER than those who think negatively about aging.**

They recover more quickly from illness and injury. They have a better memory. They're more likely to do things that keep them healthy — like take a health promotion workshop listed below.

**You CAN take steps to improve your health and life. It starts with believing you can — and enrolling in a health promotion workshop!**