Mind Over Matter: Healthy Bowels, Healthy Bladder is a workshop designed to give women the tools they need to take control of their bladder and bowel symptoms.

The workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Even if you don't have leakage symptoms now, it's never too early or too late to think about bladder and bowel health!

Mondays, 1:00 - 3:00 p.m.
February 10, 24 & March 9, 2020
Oakwood Home Apartments
3802 Damon Street, Eau Claire

Tuesdays, 2:00 - 4:00 p.m.
April 28, May 12 & 26, 2020
St John's Apartments
815 Chapin Street, Eau Claire

Each workshop is limited to 12 women.

ADRC
Aging & Disability Resource Center of Eau Claire County

Researched and proven to reduce bladder and bowel leakage!

For more information, contact

Mind Over Matter Workshop (715) 839-4735
Mind Over Matter Workshop (715) 839-4735
Mind Over Matter Workshop (715) 839-4735
Mind Over Matter Workshop (715) 839-4735
Mind Over Matter Workshop (715) 839-4735
Mind Over Matter Workshop (715) 839-4735
Mind Over Matter Workshop (715) 839-4735
Mind Over Matter Workshop (715) 839-4735