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Mind Over Matter

Healthy Bowels, Healthy Bladder



**Take steps to prevent or
improve your bladder and
bowel health.**

In just one month, you can learn
strategies to prevent or improve
symptoms, so you can focus on doing
the things that matter to you.



Incontinence is a common health problem for women and can lead to other problems such as falls, depression, social isolation — even hospitalization or a nursing home stay.

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!

Find a Mind Over Matter workshop near you.
Visit wihealthyaging.org and click on **Find a Workshop**.

What is Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM)?

MOM is a program designed to help older women build the skills and confidence they need to prevent or improve incontinence symptoms. MOM workshops are:

SHORT & SWEET: Just 3 sessions — each lasting 2 hours, every other week for one month

COMFORTABLE & COMMUNITY-BASED: Limited to 8-12 women and led by a female facilitator who fosters trust and privacy

INTERACTIVE & FUN: Participants work together to set and meet personalized goals incorporating social interaction, tasteful humor, and fiber-filled snacks

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

“The pelvic floor exercises have helped me so much that I no longer need to wear a panty liner.

I used to wake up two times a night [to use the bathroom]. Last night I got through the whole night without getting up!”

What will you learn when you join a MOM workshop?

- How our bladder, bowels, and pelvic floor muscles work together
- How to do pelvic floor muscle exercises
- How to adjust fluid and fiber intake to prevent or improve symptoms
- How to set and achieve reasonable goals
- How to solve problems and cope with setbacks as a group
- How to self-advocate and seek care from health care providers



“I’m doing a lot better since I went to the Mind Over Matter class. I’m drinking more water, eating more fiber and just paying more attention to my bathroom needs.”