



For more information or to register please contact:

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healthy aging programs by visiting  
[wihealthyaging.org](http://wihealthyaging.org)

# 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.

Mind Over Matter workshop - Fall 2024:

Edgerton Public Library

101 Albion Street, Edgerton, 53534.

Workshop requires attendance on  
(3) Tuesdays from 10 am - 12 noon  
on Oct 15, 29 and Nov. 12, 2024.  
Register by October 4<sup>th</sup>!

To inquire, or to register by  
October 4th, call the ADRC at:  
(608) 757-5309 or email:  
[Lisa.Messer@co.rock.wi.us](mailto:Lisa.Messer@co.rock.wi.us)

Suggested workshop donation is \$10.

Workshop taught by a female for females  
ages 60+.



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](http://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.”*