

Join us for our next workshop!

MIND OVER MATTER:

HEALTHY BOWELS, HEALTHY BLADDER

When: Tuesdays,
April 2, April 16 & April 30, 2024
1:00 pm - 3:00 pm

MUST ATTEND ALL 3 SESSIONS

Where: Waupun Public Library
123 S. Forest St. Waupun, WI 53963

Cost: FREE! Suggested donation \$10

Mind Over Matter:
Healthy Bowels,
Healthy Bladder is...

A program that helps
older women build the
skills and confidence
they need to avoid or
improve symptoms of
incontinence.

3 sessions, each
lasting 2 hours, every
other week for one
month

wiha
Wisconsin Institute
for Healthy Aging

Engages women to work together to set and meet
personalized goals!



**Registration is
Required!**

Call the ADRC of
Dodge County to
register:
920-386-3580

ADRC
Aging & Disability Resource Center
of Dodge County

**WAUPUN
PUBLIC
LIBRARY**