



MILWAUKEE COUNTY
Department on Aging

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For a schedule of workshops in Milwaukee County visit the Department on Aging's website:

county.milwaukee.gov/aging



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Learn more about this and other healthy aging programs by visiting **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.



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.”