

**Mind Over Matter: Healthy Bowels, Healthy Bladder
Estimated Financial Commitment**

	Item(s)	Cost (est.)	Keep in mind
Workshop Expense	Location fee	\$100	Many locations, such as public libraries, can be reserved for free. Community partners may also be able to provide space at no cost.
	Outreach	\$200	Outreach to participants ranges from promotional talks to community groups to paid advertising. Community partners and local publications may be able to assist with outreach. As you continue to offer MOM in your community, word of mouth outreach may increase.
	Supplies	\$50	Your organization or community partners may already have the necessary supplies.
	Participant Materials (incl. trackers & reminder letters)	\$100	Costs include binders, dividers, paper, and copying. Total will depend on number of participants. Staff or volunteer time will be required.
	Mail reminder/goals letters	\$10	Postage will be required.
	Snacks	\$60	Community partners may be willing to provide and/or prepare snacks.
	TOTAL (est.)	\$520	