

INCONTINENCE



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Incontinence is when you leak pee (bladder incontinence) or poop (bowel incontinence).

2

50% of all women experience incontinence.

3

Although incontinence is common, it is not normal.

4

Most incontinence can be improved with changes in your diet and by adding simple exercises.

5

Mind Over Matter: Healthy Bowels, Healthy Bladder is a proven program designed for WOMEN ONLY to help you prevent and/or reduce incontinence.



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