

Mind Over Bladder: A Holistic Approach to Bladder Health

Do you struggle with bladder issues such as leakage, urgency, or frequency? Many women do. No matter what your age, bladder issues are never normal and there is help. These symptoms should not be considered a normal part of aging or blamed on being a woman. In fact, they are very treatable.

Join Aurora Health Care pelvic health physical therapist, Megan Rorabeck, PT, DPT, WCS, and author of *Between the Hips: A Practical Guide for Women* in an information session to learn how to improve not only your bladder health, but your pelvic health as a whole. You will have an opportunity to ask questions (anonymously if desired).

You will learn:

- How the bladder works so you can be in control (mind over bladder)
- How fluids affect your bladder and why drinking water is important
- Lifestyle and behavioral management techniques (hint: kegels are not always the solution)
- How your bowel and pelvic health can affect your bladder health

In partnership with the Franklin Health Department

Tuesday, September 10 ♦ 1-2:30pm

**Held at:
Franklin Public Library
9151 W. Loomis Road, Franklin
Fadrow Room No charge**

**Registration required:
Aurora.org/events Keyword: bladder
or call 414-328-7788**

