

### LIVE LIFE TO THE FULLEST

With the many roles you play, it's not always easy to find the time and energy to take care of yourself. Staying informed, getting recommended health screenings, and living a healthy lifestyle can help keep you feeling and looking your best at every age.



### Want to know more?

- Visit [kp.org/womenshealth](http://kp.org/womenshealth).

### Taking Control of Your Bladder

*For Kaiser Permanente members who have bladder control problems*

Learn about bladder control problems, treatment options, and strategies to manage urine leakage.

Do you have problems with urine leakage or getting to the bathroom quickly enough? Most incontinence can be improved with lifestyle changes alone. In this class, you'll get information to help yourself and find possible treatment options, so you can decide to seek further assistance from a specialist in the future.

A female support person is welcome to attend with you.

1 session, 1-1.5 hours

No fee for Kaiser Permanente members

#### Locations:

- Orchards Medical Office
- Mt. Talbert Medical Office
- Skyline Medical Office
- Tualatin Medical Office

For more information or to register, please call 503-571-4910 or 503-571-2946.

### Women's Pelvic Floor Pain

*For Kaiser Permanente members who have pelvic floor pain, including pain with sex*

Whether pelvic pain is limiting activities of your daily life, including walking, working, or exercising, or is only limiting sexual intimacy, you can learn how to better manage it.

Join this interactive, small group to learn ways to help your body heal. Topics include physical therapy treatments, relaxation strategies, tools to address the psychosocial aspects of pain, and simple lifestyle changes. This session is led by physical therapists and women's health counselors.

1 session, 2 hours

No fee for Kaiser Permanente members

#### Locations:

- Mt. Talbert Medical Office
- Westside Medical Office

To register, please call 1-844-394-3972. You also can register by scheduling an appointment on [kp.org/appointments](http://kp.org/appointments). Under "Select a reason for appointment," choose Physical Therapy Classes, then choose the class you want to schedule.