

Women's Wellness *Series*

Regain Your Freedom: Women and Bladder Control

Talking about bladder control problems isn't easy. In fact, many women live with these conditions for years before seeking treatment. If you're one of the millions of women who experience bladder control problems, don't let embarrassment keep you from getting the help you need.

Join us as Allard Conger, M.D. from Women's Healthcare Associates, LLC and Ann Scherner, P.T. from Providence Newberg Rehabilitation Services discuss ways to help you take back control and regain your freedom.

Wednesday, Nov. 17

5:30 to 6:30 p.m.

**Providence Newberg
Medical Center
Conference Center**

**To register, please call
503-574-6595.**

www.providence.org/women

