



Help members feel more in control with the SilverSneakers® Pelvic Health program



The **SilverSneakers Pelvic Health** program helps members support bladder health, manage incontinence symptoms and establish healthy routines through a guided approach that combines exercise, education and habit-building.

Members access eight short, beginner-friendly classes that can be done at their own pace. They are encouraged to track their progress and share their results with their provider.

Goals of SilverSneakers Pelvic Health



Build bladder health awareness



Develop healthy habits that support routines



Feel more in control day to day



Help members build confidence to keep doing what they love. [SilverSneakers.com/PelvicHealth](https://www.silversneakers.com/PelvicHealth)

This program is for educational and general wellness purposes only and does not diagnose or treat pelvic floor or bladder conditions. It is not medical advice. Consult a licensed healthcare provider before starting this program. Individual results may vary.

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