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## ***Live with Confidence!*** ***Educational Events for Women***

**Rochester Medical in cooperation with the Charlotte Continence Center** is pleased to announce free educational events for women in the Charlotte area. Join us for an enlightening program that will review the types of urinary incontinence, explain the causes and look at the latest treatment options for stress urinary incontinence.

You may have stress urinary incontinence if you:

Leak urine when you laugh, cough, sneeze or exercise

Wear a pad to absorb urine

Have made lifestyle changes because you fear odor & wetness

If you experience any of these, you are not alone! It is estimated that one-third of adult women in the US suffer from symptoms of stress urinary incontinence. Now, you can do something about it. Come learn about pelvic health and FemSoft, a solution that gives you instant control of your incontinence – without drugs or surgery.

The *Live with Confidence!* events will take place at the Morehead Medical Plaza in March. These no-cost, no-obligation events will provide an opportunity to discuss pelvic floor health with a nurse specialist.

**To register, call 1-800-243-3315.** Register today to reserve your seat.

To learn more about a simple solution that gives you instant control of your incontinence, please visit **[tryfemsoft.com](http://tryfemsoft.com)**.

