



## ***Women's Health Promotions Project***

A focus on older women's health issues

There are many issues that affect women as they age, for example bone health, depression, memory and sleep problems. One often neglected topic is bladder health. Many women think that nothing can be done to either improve their symptoms or help them manage their condition more effectively, so they don't ask for help.

We are working with community groups to engage with women who are 60+ in order to try out three different types of educational activity to help older women to get the help that they need to improve their bladder health. Rona Agnew, a qualified research nurse, will be running some sessions in the wider Bristol area. If you are interested and would like to find out where and when the next workshop will be run, please contact Rona on our freephone number 08000 77 88 79 or 07725 176201(direct) or email her at [womenshealth@brunel.ac.uk](mailto:womenshealth@brunel.ac.uk).