

## 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.



### Women's Midlife Transitions

*For Kaiser Permanente members who are experiencing perimenopausal or menopausal symptoms*

Get information about perimenopause and menopause.

Join this group session and learn about the symptoms of perimenopause and menopause, and hormonal and alternative treatments. You'll also discuss midlife health issues and ways to optimize your health.

1 session, 2.5 hours

Fee: Office visit copayment

A support person is welcome to attend with you.

**Locations:**

- East Interstate Medical Office
- Sunnybrook Medical Office

For more information or to register, please call 503-571-2946 or 1-855-285-4246 (toll free).



### 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

**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 Health

*For Kaiser Permanente members who have pelvic floor concerns*

Learn how to manage pelvic pain or bowel and bladder problems

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

### Locations:

- Mount Talbert Medical Office
- Westside Medical Office

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

## Want to know more?

- Visit [kp.org/womenshealth](https://kp.org/womenshealth).
- Go to [kp.org/video](https://kp.org/video) to watch a video on family violence prevention.

## Women's Sexuality

*For Kaiser Permanente members who want to learn about sexual health*

Learn about sexual health

Join this small, supportive group setting to discuss sex openly. You'll get information about sexuality, suggestions on common sexual issues, and resources on how to improve your sexual health.

1 session, 2 hours

Fee: Copayment

### Locations:

- Interstate East Medical Office
- Sunnyside Medical Office

To register, please call 503-571-2946.