

Come join us for a:

Health and Wellness Workshop:



Women's Health and Wellness

When it comes to your health and wellbeing, it's not only about your body but your mind and spirit also. Everything about your body matters and deserves your attention!

The workshop will be held in the Library on:

Monday, March 27, 2023

12 Noon - 1 pm

Class will be presented by:



Community Health Advocate Representative

*Everyone attending the class will receive a FREE gift.
There will also be a door prize drawing for a nice gift.