ATTENTION WOMEN living in Montgomery County, MD Ages 40-75



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FREE 12 WEEK PROGRAM!

Over 4,000 women have completed this award-winning program. Don't miss your opportunity to take charge of your health and LIVE BETTER every single day!

Register NOW to Reserve Your Space!

- Receive weekly $15 stipend!
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- **FREE** curriculum and book!
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MIND • BODY • SPIRIT

The Gaston & Porter
Health Improvement Center, Inc.

www.gastonandporter.org
301-765-1942

Fall 2026

All Sessions are VIRTUAL

Tuesday AM | 10:00am - 11:30am
October 6-December 22, 2026

Tuesday PM | 6:30pm - 8:00pm
October 6-December 22, 2026

Thursday AM | 10:00am - 11:30am
October 1-December 31, 2026

Thursday PM | 6:30pm - 8:00pm
October 1-December 31, 2026

Recruitment Event

September 26th | 10:00-11:00 AM

CLICK HERE TO REGISTER

OR Scan