

HEALTHY WOMAN *Mind and Soul*



MEET OUR FACILITATOR
Lety Robles
Health Educator

The Healthy Woman Program is a 4-session journey toward lifelong self-care. It equips participants with essential skills covering topics such as: stress management, community support, and healthy communication

From recognizing signs of stress to prioritizing personal needs, **the program aims to EMPOWER women for a healthier life.**

Register Today!

MOMS
Delivering bright futures

DATES /TIME Thursdays **3 - 5 PM**

Hybrid class - 3 virtual meeting and last one in person

MORE INFORMATION **714-352-3400**