

NOURISH AND RISE: A WORKSHOP ON WOMEN'S WELLNESS

Guest Speaker:

Dr. Leya Raj, MBBS, MPH

Founder: Our Yonii and Baby

Sign up:

Walk-ins or register at:

- Oluwanifemio@centrefor-mutualwellbeing.org
- 226-344-6239

You will learn:

1. **Nourishing foods that are balancing and energizing.**
2. **Phases of menstrual cycle and foods to consume in each phase.**
3. **Better ways to strengthen your body.**
4. **Simple tools to deal with stress.**
5. **Q & A session**



August 24, 2026

11:00 am – 1:00 pm

**52 Regina St N,
Waterloo**



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