

# WOMEN'S WELLNESS SUPPORT GROUP

## What is Women's Wellness Support Group ?

**Safe place to gather, share ideas, lean on other women for support. Talk about real life stresses of every day life and any other women's wellness topics.**



Come join us for an open group discussion. Let's talk, share, learn and support each other.

MORE RESTFUL SLEEP!  
LESS DEPRESSIVE MOOD!  
HAPPY MOOD!  
WISHING WELL MORE!  
SELF CARE IMPROVEMENTS!  
FEELING SUPPORTED !

**Group Time :** 530pm to 730 pm  
**Where:** Red Cliff Elderly  
**When:** February 27th 2020  
**Host:** Alicia Jane DePerry

COFFEE  
BEVERAGES  
LIGHT SNACKS PROVIDED!  
FEEL FREE TO BRING FAVORITE SNACK TO SHARE!!

**“SHE REMEMEBERD WHO SHE WAS, AND THE GAME CHANGED”**  
**- LALAH DELIAH**

**“The more positive energy you put out, the more positive energy you'll get back”**  
Author unknown