

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