

*Enjoy
your
Body!*



Women's Health and Fitness Forum

Thursday, March 13, 2025, 5:30 – 7 PM

Napa Methodist Church (625 Randolph St. Napa.)

This meeting is dedicated to raising awareness and providing valuable information on women's health and fitness. We will provide information and resources for aging gracefully.

Come and learn from experts in the field including Michael Smith, DPT and Manager of Rehabilitation Services at Queen of the Valley Hospital, and Beth Rypins, founder of Wine Country Cross Fitness.

Whether you're looking to improve your health or support a loved one, this event is for you. Bring a friend! Sponsored by AAUW, American Association of University Women!