

Menopause & Beyond

Please join us for the
Women to Women Group

for those approaching menopause and beyond!

Friday, Sept. 7, 2018

12 - 3 p.m. | Nimkee Public Health Kitchen

- Lunch provided (served shortly after noon.)
- You are welcome to stay for the entire event or come and go.
- Sharing, questions, discussion and laughs.
- Jayme Green from Nimkee Fitness will start the event with a brief exercise/stretch program.

Presenter:

Rebecca Cogswell, RN Nimkee Public Health

Topic: Emergency Preparedness in the Home



Please RSVP:

- **Sandi:** 989.775.4654
- **Jenna:** 989.775.4604
- **Robyn:** 989.775.4649



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

7070 E. Broadway
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org