



Menopause & Beyond

Please join us for the
Women to Women Group:
for those approaching menopause and beyond!

Friday, Sept. 13, 2019
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, of Nimkee Fitness, will begin the program with a brief stretching/exercise segment!

Presenter: Samantha Chippeway
Community Health Representative, Nimkee Public Health
► **Topic: Self Care**



Please RSVP:

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



Saginaw Chippewa Indian Tribe of Michigan
"Working Together for Our Future"

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