



Menopause & Beyond

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

Friday, March 16, 2018

12 - 3 p.m. (*Lunch served shortly after noon*)

Where: Nimkee Public Health Kitchen
(*You are welcome to stay for the entire event or come and go.*)

Stretch with Jayme Green from Nimkee Fitness before lunch!

Presenters:

- **Anita Heard** | Research Center Coordinator, Zibiwing Cultural Center
- **Debbie Peterson** | Administrative Assistant II, Behavioral Health

Topics: Cedar salve making and plant games.

Please RSVP:

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

- Lunch provided
- Sharing, questions, discussion and laughs



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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