

Menopause & Beyond

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

When: Friday, May 6 | 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)

Speaker: Anna Hon, RN

Topic: Stress Management & Laugh Yoga

- Lunch provided
- Sharing, questions and concerns
- Crafts
- Discussion and laughs

Laughter
Yoga



Please RSVP:

Sandi at 989.775.4654

Jenna at 989.775.4604

Robyn at 989.775.4649



Saginaw Chippewa Indian Tribe of Michigan

“Working Together for Our Future”

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