



FORT GARRY WOMEN'S
RESOURCE CENTRE

WOMEN & MIDLIFE

Women & Midlife is a monthly support group for women 45 years of age and older. The group will explore topics that are of interest to women during their middle years of life and beyond.



First Monday of the Month

1:30 – 3:30

104-3100 Pembina Buzz code: 1003

Topics will include:

February 6, 2012

Heads Up for a Healthier Brain!

March 5, 2012

Coping with Loss

April 2, 2012

Body Image

May 7, 2012

Spirituality

**This is a women only event. Space is limited. Registration is required.
Please call 477-1123**