

RESIDENT WELL-BEING
AU & DC PRESENT:



Women's WELLNESS



Put that WOMAN First!

We welcome women of all ages to come together and learn to support and encourage each other as we focus on wellness, wholeness and self-worth.

WHEN: 2nd & 4th Tuesdays of the month, 5:30-7pm

WHERE: Dominican Center, 2470 W. Locust Street

MORE: Free food and fellowship provided

*Join us for a
different topic
each week!*

SESSION 1: FEB. 11
SESSION 2: FEB. 25
SESSION 3: MARCH 11
SESSION 4: MARCH 25

*If you don't come to
the session with it...
we hope you leave
each week with
Hermany and Joy!*

*Jeremiah 29:11 – Know
the thought I have for
you thoughts of peace,
not of evil to give you
a hope and a future.*

WELLNESS SESSIONS FACILITATED BY: AMANDA & JERUSA (*Hermany & Joy*)
from Dominican Center. For more information, email jerusa@dominican-center.org