



WOMEN'S WELLNESS WORKSHOP SERIES



April 2, 2024
7 - 8 pm

Adolescent Health
and
Hormones



Explore the intricate interplay between adolescent health and hormonal changes. Gain an understanding of the challenges and opportunities in navigating this critical stage of development.

April 30, 2024
7 - 8 pm

The Female
Athlete



Discover strategies to support the physical and mental well-being of female athletes, prevent injuries, and empower them to optimize performance and thrive in their sport.

May 21, 2024
7 - 8 pm

Osteoporosis
and
Menopause



Explore the physiological changes and risk factors that impact bone health. Gain practical insights and strategies to manage symptoms, prevent bone loss, and promote overall wellness.



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