

Let's Walk & Talk Together!

CELEBRATING & PROMOTING WOMEN'S HEALTH
ON MOTHER'S DAY WEEKEND!

Hosted by:



Bring Your Mom, Daughter, Sister,
Friend, or Neighbor to this
FREE Community Event!

Schedule of Events

- 9:00 Registration
- 9:30 Anne Morgan, CNM, FNP
Managing Stress in a Woman's World
10,000 Steps a Day-How to Get There.
- 10:00 Walk & Talk Together!
- 11:30 Drawing for Prizes
- 12:30-3:00 - Optional City Trails Tour



Stepping Up for Women's Health

MINGUS PARK ~ SATURDAY, MAY 12TH

Sponsored by:



This is a Smoke Free Event. Thank you for your cooperation.

To learn more about the Coos County Women's Health Coalition
email womenshealthcoalition@gmail.com or visit the Coalition Facebook Page.
Contact Lindi Quinn at 541-297-0421 for more details.

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