achēv RISE PROGRAM

NUTRITION AND WELLNESS: VIRTUAL SESSION FOR WOMEN

RISE (Resilience. Independence. Support. Empowerment)

Supporting Women Experiencing Gender-Based Violence

In Collaboration with
Stanley Care Wellness

Thursday, February 20, 2025 | 2:00 p.m. - 4:00 p.m.

Join us for an exciting Nutrition and Wellness Session where you'll have the opportunity to gain valuable tips and insights from a top nutritionist and wellness expert.

The following topics will be covered:

- Understanding winter challenges
- Nutrition for winter wellness
- Managing stress and avoiding burnout

Register:
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437-431-1639

Register Now

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