

Join SERC for this **free** workshop series

Snacks & child care (for children aged 19 months - 11 years old) provided!

Women's Health Workshop

Things Women Want to Know

In these workshops, you will learn about:

- How your body works and keeping healthy
- Body changes as you are getting older
- Birth control methods available in Canada
- Places you can go for women's health services (sexual & reproductive health)

When: September 23 & 30 (2 Saturdays)
10:00 AM to 12:00 PM

Where: Westman Immigrant Services
1001 Pacific Ave in Brandon, Manitoba

To register, please contact: (204) 727-6031. Deadline for registration is September 18. Interpretation will be available.

This workshop is for newcomers.

Please bring your permanent resident card.



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