

Menstrual Health Series

Understand what to expect when puberty starts and how your body will change.



Period Prep & Body Changes

Sunday, September 29
2-3:30 p.m.

What's a Period All About?

Sunday, October 27
2-3:30 p.m.



Caring for Your Period & Beyond

Saturday, November 9
10 a.m.-12 p.m.

Don't miss the educational journey that'll boost your self-love and confidence!

Register for each event on www.stmalib.org