

Calling all mothers with teen or tween daughters

You are cordially invited to:

Mother-Daughter Time: Is this normal?

Understanding & Supporting Tween & Teen Cycle Health



Who: You and your daughter are
invited to attend together

When: Sunday, May 18th, 4:00-5:00 pm

Where: At the St. Joachim's Parish Hall

Food will be provided during the presentation

This event is being hosted by the St. Joachim's Pro Life Committee. Olivia Chasteen, the director of SymptoPro Fertility Education, will be presenting on menstrual health for young ladies, what the science says is normal for this age group, and how to track specific biomarkers to know when to seek help in supporting cycle health long term. Give your daughter the gift of body literacy and understanding her feminine design!