

Young women ages eight and older and their mothers or a female caregiver are invited.

growing up a
WOMAN

Tuesday after President's Day

6:00 pm

FISD Elementary School Cafeteria
1608 N. Adams Street, Fredericksburg

'Girl Talk' Mother-Daughter Seminar

Join Dr. Jennifer Dulaney for a FREE interactive seminar on growing up a woman with a health care professional who will discuss and answer your questions on diverse topics such as **basic female anatomy, menstrual cycle, feminine hygiene, and mood swings**

Ask Mom