



Let's Talk About

Menstrual Health Care

...and Much More!

UNDERSTANDING YOUR CYCLE

Learn about the phases of menstrual cycle and what to expect each month

CHOOSING THE RIGHT PRODUCTS

Discover the options available like pads and other products

MANAGING PERIOD & SYMPTOMS

Find ways to relieve cramps, fatigue and other common symptoms



You're Invited to Participate in Our Next Menstrual Health Workshop

Join us in a safe, fun space where we talk menstrual health, bust myths, and build confidence together.

Every girl deserves to feel informed, empowered, and proud of her body... starting right here.

(For Girls Ages 7-13)

Space is Limited

Workshop Information

September 20, 2025

10:00am-12:00pm

Gaithersburg, MD 20877

Deadline: September 15, 2025

(Additional Details to Follow)

Register to Attend Workshop

[G2B Menstrual Health Workshop Registration](https://forms.gle/46ET9NcAbnYr66mWA)

or

<https://forms.gle/46ET9NcAbnYr66mWA>

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