

Wellness *for* Women

A MODERN APPROACH TO WOMEN'S
HEALTH AND VITALITY

JANUARY 14
6 - 7:30 p.m.

Wood Library
134 North Main St., Canandaigua

RSVP by January 13
ALawrence@owwl.org

Join us to hear local experts in women's health
discuss nutrition, exercise, stress management,
social connections, and restful sleep.

PRESENTERS:

CATHERINE
CANTWELL, MD

JILLIAN
BABU, MD

HOLLY
GILLIGAN, RD

This ***free*** event is presented by UR Medicine
Thompson Health in collaboration with Wood Library,
whose ONYA-funded programs are designed to support
the well-being and empowerment of women and girls.

