

Hot Flashes. Mood Swifts. Weight Changes.

Let's Talk!!!

JOIN WOMEN
NAVIGATING BODY CHANGES, WELLNESS, & EMOTIONAL SUPPORT



Date: August 6, 2026

Time: 5:00pm –6:00pm

Place: Henrietta Johnson Medical Center

601 New Castle Ave

Wilmington, DE 19801

Signup: Front Desk or call 1-302-655-6187

Facilitator: Monica Maldonado, DNP, WHNP-BC

