



YOUR MIND AND BODY MATTERS...

## Menopause

(The Good, The Bad, and The Ugly!)



Free: Open to
Women Veterans
and the Public.



Brunchfest Celebration!

Saturday, November 15, 2025
11:00 AM until 2:00 PM
Omaha Beach Chapter 7
8205 Laurel Bowie Road
Bowie, Maryland 20715



Guest Speakers include:

Mental Health Author/Therapist - Arielle Jordan Nurse Practitioner of Gynecology - Helen Hannah Baltimore VA Women's Health Center and Center for Women Veterans - TBD



Questions: Email us at daymdwomenveterans@gmail.com

