



Thursdays/Jueves  
10am -12 pm  
Free/Gratuito  
Online

# SPANISH-SPEAKING WOMEN'S GROUP

## GRUPO EN ESPAÑOL PARA MUJERES

Discover your strengths through group work. Together you will strengthen your physical, mental, and spiritual well-being.

Descubre tus fortalezas a través del trabajo en grupo. Juntas fortaleceremos nuestro bienestar físico, mental y espiritual.



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