



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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