



# Women's Wellness Workshop

You nurture your partner, children, employer, and community.  
Who is nurturing you? Are you focusing on everyone else first?  
It time to prioritize YOURSELF!

For a FREE workshop on nourishing and caring for yourself as a woman.

When:  
**SATURDAY MAY 5, 2018**  
**1:00 PM – 3:00 PM**

Where:  
**Emory Grove United Methodist Church**  
**8200 Emory Grove Road**  
**Gaithersburg, MD**

Please pre-register by April 22, 2018.

**REGISTRATION** (*one form per person*)

**RETURN** *completed registration form to:* **Emory Grove Health & Wellness Ministry**  
Yvette Gause [sygause@gmail.com](mailto:sygause@gmail.com) 240-279-2873

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone (AM): \_\_\_\_\_ (PM) \_\_\_\_\_

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Emory Grove UMC Health & Wellness Ministry

The information provided is not a substitute for medical care or advice. Information provided is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Consult your doctor about making diet and lifestyle changes that are right for you.