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Well Within

MINISTRY

OF HOPE WORLDWIDE CHARLOTTE

HOPE
worldwide
CHARLOTTE

Wonderfully Made

Women's Health from the First Period
to Life After the Last

Every woman deserves to understand her body.

Whether you're navigating your first menstrual cycle, preparing for motherhood, experiencing perimenopause, living through menopause, or thriving beyond it—this interactive workshop is designed with **YOU** in mind.

TOPICS WE'LL EXPLORE

- | | |
|--|---|
|  Menstrual Health |  Post-Menopausal Health |
|  Reproductive & GYN Wellness |  Preventive Care |
|  Hormonal Changes |  Knowing When to See Your Doctor |
|  Perimenopause |  Live Q&A and Interactive Discussion |
|  Menopause | |



Registration Required

Limited to 60 women

Women & Teens (age 13+)



Scan to
register today
and reserve
your seat!



QUESTIONS?

Contact
Natasha Branch



919-451-6868



nmn1772@hotmail.com

BE INFORMED.
BE EMPOWERED.
♥ BE WELL.



GUEST PRESENTER

Dr. Dellyse Bright

An Interactive Workshop

with expert guidance, honest
conversations, and practical
tools for every stage of life.



SATURDAY,
SEPTEMBER 26, 2026



10:00 AM – 1:00 PM
Doors Open: 9:30 AM



THE CHARLOTTE CHURCH
2200 Ashley Road
Charlotte, NC



ATTIRE:
Workout or
Athletic Leisure Wear

♥ Every Age. Every Stage. Every Woman.

♥ Come Comfortable and Ready for Conversation.

