JFS Women's Center, in partnership with Rutgers School of Nursing, presents:

## Women's HEALTH WORKSHOP



**IFS Middlesex** 219C Blackhorse Lane North Brunswick, NJ 08902

Join JFS Women's Center along with the Rutgers School of Nursing in an open and informative conversation about women's health & wellness.

First 25 people to register for the workshop will receive a special give-away!



## Get free information & advice for women of all ages about:

- Cholesterol
- Blood pressure
- Diabetes
- Cardiac health
- Preventive care
- Diet & Exercise
- *Immunizations*

## All Are Welcome!

For more information:

Email: womenscenter@jfsmiddlesex.org

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