

MENTION N

(the unmentionables)



FREE, FUN, FRESH WOMEN'S HEALTH EDUCATION

Thursday, October 6th

TRINITY LUTHERAN CHURCH, JAMESTOWN

5:30 pm Social & Snacks • 6:00 pm Program

Free on site childcare from Stepping Stones.

Moms are definitely **SHEROES**, but that doesn't make them invincible. Join the JRMC OB/GYN team and tackle women's health subjects that can sometimes be hard to mention, including:

- options for birth control
- infertility
- urinary incontinence
- menstrual cycle
- sexual health

Expect great women's health advice that will keep you saving the day.

Pre-registration is not required, but it does help us prepare.



Presented by:
Gregg McAdoo, MD
Emily Stromquist, MD
Makenzie Breitbach, DNP-C



LET US KNOW IF YOU CAN MAKE IT:
(701) 952-4795 • jrmcnd.com/unmentionables