



# Women's WELLNESS DAY

**March 08, 2025**

Happy International Women's Day!  
Come together for a day of wellness while we celebration YOU! Join us for a series of workshops, informational booths, and get your self-care on as we celebrate the strength, resilience and passion of women around the world.

**At Westchester Senior Center**  
**8740 Lincoln Blvd**  
**11am-2pm**

### Topics discussed:

- Wellness and Self-Care
- Career and Relationships
- Women's Health
- Networking

*Treat Yo' Self!*

Ages 18+  
\$Free  
\*Space is limited



Persons with disabilities are welcomed to participate in our classes and programs. Reasonable accommodations will be made with prior arrangements. Please be aware that some accommodations may take 30 days or longer. Please submit your request for an accommodation as soon as possible.



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