



# *Back to Basics*

## Women's Health & Selfcare

MAY 18, 2023

5:30PM - 6:30PM

VIRTUAL

*Join Iris Coley AA (Community Health Advocate) in this workshop on educating caregivers on healthcare needs and how to be a healthy and equipped caregiver.*

Participants will learn information on being proactive with their healthcare needs.

Participants should attend to learn information that can support them with being an informed caregiver on their own well-being.

Register at:

<https://mcf.family/back-to-basics>



**FOR MORE  
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