

North Dakota Women's Health Connection



North Dakota Women's
Health Connection
*Take a proactive role in
your own healthcare*

North Dakota Women's Health
CORE
CLINIC | OUTREACH
RESEARCH | EDUCATION

*Keeping North Dakota Women
Connected to a Healthier
Tomorrow.*

UND School of Medicine
& Health Sciences 

Monday, Sept. 18
Alerus Center
1 p.m. to 5 p.m.

Tours and Mocktails at Wellness Center
5 p.m. to 7 p.m.

A welcoming environment where you can
learn meaningful information relating to:

- Great Expectations
Pregnancy and Preconception Planning
- Varicose Vein Solutions
- Recognizing Healthy Relationships
- Developing a Healthy Lifestyle
- The Heart of the Matter - Heart Health
- Incontinence Options

Refreshments and snacks provided
Pre-registration is requested by Sept. 13

\$10 in advance
\$15 at the door
Group rates available

For more information or to register, contact:

Alicia Sandbakken
Phone: (701) 777-3264

<http://www.und.nodak.edu/dept/womenshealth/>