



Spring Into

Women's Health & Tools for Promoting Healthy Changes

A Community Conversation

A Hybrid Event that will discuss health changes from a variety of perspectives: The theme is mastering the principles of motivational interviewing tools for promoting healthy changes with cultural considerations

Topics

- Care givers
- Chronic Disease Management
- Maternal Health
- Mental Health
- Early Adulthood, building a healthy foundation
- Economic Stability
- Resource Navigation

Sign up for the event: Clicks Below OR Scan QR-Code

[EVENT LINK HERE](#)



Event Objective

1. Identify key women-specific health challenges and inequities across the lifespan.
2. Describe evidence-based strategies for prevention, early detection, and management of major women's health concerns.
3. Apply practical communication and self-advocacy approaches to improve women's engagement and outcomes in care.

Community Partners



Saturday, March 28th, 10 am to 1pm

Address: 12301 Old Columbia Pike, Silver Spring, MD 20904



How to contact us: **Email// health@ce-cg.org // Phone # 301-525-8807**