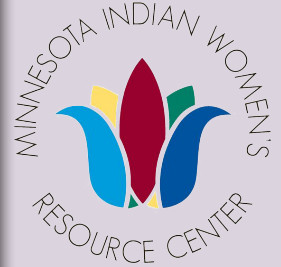


Winter Wellness Gathering



FREE Women's Self-Care Event
Wednesday, March 14th
2-6pm
MIWRC Community Room
2300 15th Ave. S. Minneapolis, MN



Featuring:

Herbal tea bar— make your own tea blends!

Group discussion about healthy nutrition for women and traditional food ways, led by Takayla Lightfield

Making **beaded placemats** as a group, led by Mary Abraham

Door prizes!

Light meal and refreshments provided

Contact Ashley Butner to RSVP: 612-728-2036 | abutner@miwrc.org



This event is made possible by a grant from the Minnesota Organization on Fetal Alcohol Syndrome and the MIWRC Learning Center which is funded in part by the State of Minnesota – DHS, Alcohol and Drug Abuse Division, American Indian Section