

**Attend a
Women's Health
Training!**



Join us for an interactive Women's Health Training!

LEARN MORE ABOUT...

Mental health resources

Understanding and taking care of your body

How to navigate the military healthcare system

Preparing for staying healthy during deployment

Managing your period

Sexual health and healthy relationships

+ ASK ANONYMOUS QUESTIONS!

WHEN:

WHERE:

We encourage attendance from both female and male Sailors and Marines!