

Healthy Women. Healthy Communities.

Vaginas!

(and other bits we don't talk about)

An intro session to reclaiming our reproductive health

Join us to explore an holistic understanding of reproductive health from a bio-mystical perspective. Through discussion, art and meditation we will explore tools to understand our fertility, revision our cultural narratives, and reclaim our experience of our bodies.

Meet your facilitators!

Raina Gardner is a mentor, educator, and doula who is passionate about encouraging women and girls to believe in themselves and their own inner wisdom. She creates and facilitates experiential educational programs as well as supports women and girls one-on-one through life's transitions. www.rainagardner.com

ananda phoenix.

birth keeper. educator. space holder. moon watcher.
witness.

wild. tamed.

song spinner. veil walker.

glittering water creature of the atlantic shores living on sinix't soil.

September 15th, 5 pm - 7 pm
420 Mill St. Nelson

10\$ per person, please contact
shannon@nelsonwomenscentre.com to register

