



# DIVERSE & EQUAL

EVERY FRIDAY

2:00 PM - 3:00 PM

Presented by : Richard Hall Community Health and Wellness Center  
500 N. Bridge St., Bridgewater, NJ 08807

- ✿ Improve self-esteem in women.
- ✿ Cultivate an optimistic view of yourself.

If you are a woman and you are interested in meeting other women with whom you can share experiences, concerns and interests, join our group.

Our goal is to listen and understand one another and help develop a life full of opportunities in a safe and supportive space.

*For more information:*  
Contact Karina (908) 253-3148 or Stephanie (908) 253-3149