

CALLING ALL 8TH GRADE GIRLS!!

Elevate Life is hosting teenFEMM classes for you and your mom/guardian

What is teenFEMM?

A component of FEMM education, teenFEMM provides cycle information specific to teen girls.

During two classes you will learn:

- The connection between hormones and health
- How to track your cycles
- Brain development and changing emotions
- Lifestyle choices
- Sexual health and STIs

When?

September 28th, 2024

&

October 26th, 2024

9am-12pm

Where?

2626 East 82nd Street

Bloomington, MN 55425

1st Floor Training Room, Ste. 100.

Sign up at ElevateLifeUSA.org/FEMM or scan the QR code. For more information on FEMM, visit femmhealth.org. For questions, email Julia Sellnow at nurse@elevatelifeusa.org.

