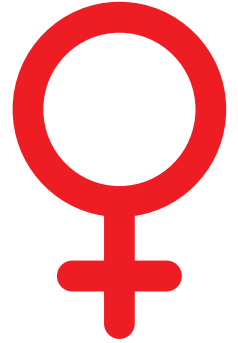
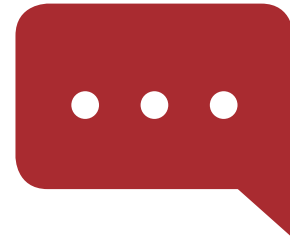




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MORE THAN MOTHERHOOD

Women's Workshop Series

Women today have many roles; including motherhood. It's not uncommon to feel pulled in different directions and challenged by playing each role to the best of your ability. With the Y's focus on a holistic approach to well-being, we invite you to join us for an empowering workshop series.

Sessions will be led by **Hena K. Wadhwa, M.A., M.S.** and doctoral candidate in Sociology who will encourage women with information and the tools for introspection. She will suggest outlets that foster imperative dialogues about womanhood and motherhood. Do not miss this important and essential series of discussions.

WHEN: THURSDAYS, JUNE 15 – JULY 27

TIME: 7:00PM

WHO: MOTHERS AND WOMEN

WHERE: SOMERSET HILLS YMCA

140 MT. AIRY ROAD
TEEN CENTER

COST: FREE AND OPEN TO THE COMMUNITY

For more information please contact **Lynne Applebaum** at **908-630-3522** or email at **lapplebaum@somersetcountyyymca.org**.

SOMERSET HILLS YMCA

A branch of Somerset County YMCA

140 Mount Airy Road | 665 Martinsville Road
Basking Ridge, NJ 07920 | Basking Ridge, NJ 07920

www.somersetcountyyymca.org (P) 908 766 7898

 [Facebook.com/SomersetHillsYMCA](https://www.facebook.com/SomersetHillsYMCA)

 [Twitter.com/shymca](https://twitter.com/shymca)

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at www.somersetcountyyymca.org.