

## Mother-Daughter FEMM

## **Spring 2024**

Tuesdays | 3:30PM | In Person

All classes at PAC Atlanta Clinic (unless noted) 440 Ralph McGill Blvd NE Atlanta, GA 30312

Jan 23 Your Anatomy and Hormones

Jan 30 Charting your Cycle

Feb 6 No Class

Feb 13 Puberty and a Healthy Cycle

Feb 20 Healthy Dating Relationships

Feb 27 Healthy Habits

Mar 5 Brain, Emotions, and Lifestyle

Mar 16 The Beginning of Life\* (Sat @ 11:30am)

Mar 23 Family Planning\* - parents ONLY (Sat @ 11:30am)

\*in person at Forest Park: 531 Forest Pkwy #100, Forest Park, GA 30297

**EMPOWER** 

girls to
understand
their bodies
and the
beauty of
their fertility



**EMPOWER**moms to address

important topics
with scientific
information and
confidence as
parents







Please note that classes listed above may not be offered on the day listed based on the availability of speakers