

# My First Period



May 31st  
4pm to 5:30 pm  
101 Prosper Way  
Unit 10  
Brick, NJ 08724

Join us  
to make your own  
period travel kit!

This workshop will include the following:



Basic information on the menstrual cycle 



How to use different menstrual products 



How to choose different menstrual products 



Q&As 

FOR MORE INFO:

ASHLEY AT 609-690-0557 ENGLISH

MIRANDA AT 609-218-2404 SPANISH

Connecting NJ

FLOW  
FORWARD NJ

FAMILY  
SUCCESS CENTER  
ANCHOR