



WOMEN'S WELLNESS SPRING POP-UP

FREMONT THERAPY & WELLNESS

JOIN US FOR

HEALTH & WELLNESS

A fun evening for empowering women's physical, mental, social, and emotional health. Join us for topics including hormone health, nutrition, mentoring & parenting, pelvic health, strength training & physical activity, chiropractic care, skin care and lymphatic health.

The evening will consist of informative sessions as well as vendor tables covering specific health topics.



Monday 13 May 2024



401 N Bell Street
Fremont, NE 68031



6:30pm - 8:30pm



For more information check out
our social media pages



Fremont Therapy & Wellness



fremonttherapy

