



YOUR MIND AND BODY MATTERS...

Menopause

[The Good, The Bad, and The Ugly!]

**Free: Open to
Women Veterans
and the Public.**

A Brunchfest Celebration!

Saturday, November 15, 2025

11:00 AM until 2:00 PM

Omaha Beach Chapter 7

8205 Laurel Bowie Road

Bowie, Maryland 20715



Guest Speakers include:

Mental Health Author/Therapist - Arielle Jordan

Nurse Practitioner of Gynecology - Helen Hannah

Baltimore VA Women's Health Center and Center for Women Veterans - TBD

**Questions: Email us at
davmdwomenveterans@gmail.com**

**Joan Sabree
Commander**

**Tony Chandler
Adjutant**