



info@gastonandporter.org

301 765-1942

The Gaston and Porter Health Improvement Center, Inc.
THE PRIME TIME SISTER CIRCLES® INFO SESSION
Saturday, September 17, 2022 10:00-11:00 am

One and a half hour weekly sessions starting

Thursday, Sep 22, 2022 6:30-8:00 pm

Saturday, Sep 24, 2022 10-11:30 am



Open to Black Women Ages 40-75 Living in Prince George's County, MD

Free 13 Week Program

Receive Weekly \$10 Stipend

Combat Stress and Hypertension

Hear from Culturally Competent Licensed Experts on Stress Management, Nutrition, Fitness and Blood Pressure Control

Develop Health Plans

Acquire a Support Group with Extraordinary Women

Receive Free Books and Health Monitoring Devices (BP Monitors, Pedometers)

*Circles are Virtual and
Host 20 Women*

[Register Online Here](#)

Over 3,000 women have completed this award winning program. Don't miss your opportunity to take charge of your health, achieve better outcomes and live lives of prevention.

Provided by:



Gaston & Porter
Health Improvement Center

**The Gaston and Porter Health
Improvement Center, Inc.**



Healthy Eating

Funding
provided by:



**Maryland Community Health
Resources Commission**