



Franciscan HEALTH

# S.H.E. WOMEN'S HEALTH CONFERENCE

*Strong Healthy Empowered*

Franciscan Health is proud to introduce the inaugural **S.H.E. (Strong • Healthy • Empowered) Women's Health Series**, a statewide initiative dedicated to advancing the health and well-being of women across Indiana.

This multi-week series will take place throughout September and October, bringing together healthcare experts, community partners and women of all ages for education, connection, and empowerment.

## THE S.H.E. WOMEN'S HEALTH SERIES WILL FEATURE:

- Evidence-based presentations
- Interactive workshops
- Community-centered experiences
- Exhibitors
- Health screenings
- Refreshments
- Giveaways and more

By addressing key topics in physical, emotional and preventive health, the series aims to equip participants with the knowledge and tools to thrive in every stage of life.

## SERIES SCHEDULE

SEPT 19: INDIANAPOLIS

SEPT 26: WESTVILLE

OCT 3: MOORESVILLE

OCT 22: RENSSELAER

OCT 23: HAMMOND

NOV 5: INDIANAPOLIS

DEC 2: LAFAYETTE

**REGISTER FOR AN EVENT AT**  
[franciscanhealthfoundation.org/events](https://franciscanhealthfoundation.org/events)



## NORTHWEST INDIANA S.H.E. EVENTS

### **MICHIGAN CITY (WESTVILLE) SAT, SEPT 26 | 9AM-2PM**

#### **PURDUE UNIVERSITY NORTHWEST**

1401 US-421 N., Westville, IN

#### **The Evolution of the Empowered Woman**

Join us for dynamic event celebrating women's health, wellness and personal growth through every stage of life. Engage in expert-led panel discussions on reproductive health, infant and maternal health, and perimenopause and menopause, while gaining practical tools for resilience, mindfulness and intentional self-care through our featured Power of Reset presentation. Connect with community vendors, participate in health screenings, and enjoy line dancing in an atmosphere designed to educate, inspire and empower.

### **LAKE COUNTY (HAMMOND) FRI, OCT 23 | 5-9PM**

#### **PURDUE UNIVERSITY NORTHWEST**

2200 169th Street, Alumni Hall, Hammond, IN 46323.

#### **Take Charge of Your Health Through Every Transition**

Join us for an informative and engaging experience focused on women's health during the perimenopausal and menopausal years. Discover practical strategies for managing symptoms, supporting emotional well-being, improving sleep, maintaining bone and heart health and thriving through life's changes. Gain valuable insights, connect with experts, and leave feeling empowered to make informed decisions about your health and wellness.