



Physical and Mental Health Subcommittee of  
Denver Alumnae Chapter of  
Delta Sigma Theta Sorority, Inc. presents

# EMBRACE YOUR INNER GLOW

## *Fearless in 2024*

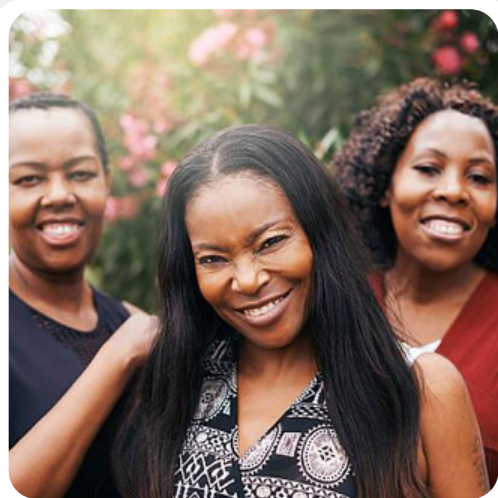


Thursday, 06:00 pm - *Fireside Chat*

### **MENTAL HEALTH: SETTING HEALTHY BOUNDARIES**

Learn about the importance of setting boundaries with Dr. Breigh Jones-Coplin, how to communicate them to others, and how having boundaries in your life can preserve your health.

*Feb*  
**08**  
2024



Friday, 12:00 pm - *Lunch and Learn*

### **THRIVE THROUGH MENOPAUSE**

Bring your lunch for this long overdue conversation. Where are you on the road to menopause – just starting, in the middle, or unsure? This webinar will teach self-care tips to thrive and feel fabulous through menopause..

*Feb*  
**09**  
2024



Saturday, 10:00 am - *Cooking Class*

### **NUTRITION MADE SIMPLE: COOKING FOR YOUR HEALTH**

Join us with Registered Dietitian and author JoAnn Pegues as she teaches how to prepare nutritious and affordable meals to boost your health. All are welcome to attend.

*Feb*  
**10**  
2024

**VIRTUAL | FREE | PUBLIC EVENT | PRIZES | NETWORKING | TIPS**  
**REGISTER at [www.DenverDeltas.org/Fearless2024](http://www.DenverDeltas.org/Fearless2024)**

