

YOUR BEST HEALTH TODAY!

Women on the Road to Health



- ❖ Women on the Road To Health (WORTH) meets in small groups of women for 1 ½ hours once a week for 5 weeks as part of the RENEW program
- ❖ We will talk in peer-led groups about healthy behaviors, thriving after trauma, and empowerment
- ❖ There will also be fun computer-based activities, snacks, and notebooks to track your progress
- ❖ We will meet at the Judicial Process Commission in the computer lab Thursday afternoons, 1-2:30 pm
- ❖ Contact Diane Morse diane_morse@urmc.rochester.edu with WORTH in the subject line

WORTH