



## *Fabulous. Young. Inspired. (F.Y.I.) Women* EDUCATIONAL SESSIONS

### WHO WE ARE

- ❖ *WIN Network: Detroit* is a program aiming to reduce infant mortality in Detroit.
- ❖ We work to connect women to local resources in their neighborhood.
- ❖ We provide preconception and inter-conception health education and support to women that are ready if and when they decide to become pregnant.

### WHAT WE OFFER

- ❖ We offer tailored educational sessions based on the schedule of your organization.
- ❖ Our 5 sessions can be delivered individually or grouped together by topics for a complete curriculum.

### SESSION TOPICS

- ❖ **Intro to WIN Network: Detroit:** health literacy, infant mortality in Detroit, local resources
- ❖ **Healthy Living:** nutrition and physical activity on a budget, taking care of your body now
- ❖ **Family Planning:** birth control, annual doctor's visits, pregnancy planning
- ❖ **The Best You, Part 1:** emotional wellness, stress management, financial literacy
- ❖ **The Best You, Part 2:** navigating health care systems, self-advocacy, job readiness

### HOW TO PROMOTE OUR SESSIONS

Come join us for a special session on (session topic) co-hosted by *WIN Network: Detroit*. *WIN Network: Detroit* wants to give you the skills and information so that you can be the best version of yourself. Their sessions will help you be ready to take on whatever your future may hold!

### HOW TO CONNECT WITH US



Call us at **313-874-4581**



Visit us online at **[www.WINnetworkDetroit.org](http://www.WINnetworkDetroit.org)**



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