



JENNY FIGARO &  
THE D75 BRONX SPEECH COACH TEAM PRESENTS

**“Me First”: How to Live a Balanced Life  
Women’s Empowerment and Wellness Workshop**

Join us for a conversation about stress management, mental health, emotional wellness and how to manage the everyday challenges that are presented by raising children.

Date: Wednesday, May 8, 2024

Location: 188x34- 770 Grote Street, Bronx, NY 10460

Time: 9:00 am-1:00 pm

Visit with vendors, listen to guest speakers  
& enjoy refreshments!