

# *girl talk.*

*a workshop for mothers and daughters*

*Presented by the Poe Center*

*Join us at Millis Regional Health Education Center for  
fun, informative mother-daughter time!*

Girl Talk addresses the timely topic of adolescent growth and development and the physical, social and emotional changes that girls experience during puberty. 3-D exhibits, hands-on activities, and candid discussions help moms and daughters explore a range of topics from the workings of the reproductive system to the menstrual cycle to feminine hygiene protection & more.



Registration is  
for each mother & daughter pair.  
for each additional daughter.  
4th - 7th graders

To register, contact Robin Pittman at  
[r.pittman@poehealth.org](mailto:r.pittman@poehealth.org).  
Questions? Call 919.231.4006 x322

