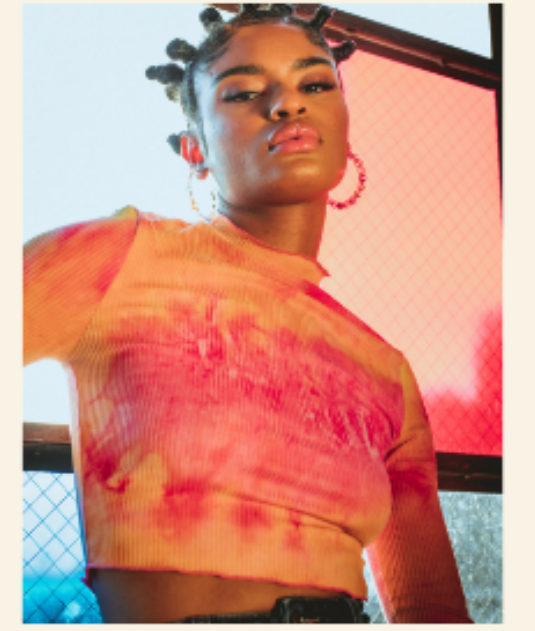




Hendricks County Healthy Hygiene

#Feelin' Cute



What is PMS, Cramps, and Irregular Periods?
What Is Premenstrual Syndrome (PMS)?
What Are Period Cramps?
What Can Help if I Have PMS?



Scan this QR Code
and visit our website



I Can
&
I Will!



Scan this QR Code
and visit our website

Just Breathe

Be Brave!

What is HCHH?
An innovative mobile education program that focuses on providing hygiene resources for girls ages 8-18 in Hendricks County.

This program will help remove barriers and help maintain good hygiene habits created by health inequities mental disorders and period poverty.

"Period poverty" is defined by the Association of State and Territorial Health Officials as the lack of access to sanitary products, appropriate facilities (securable restrooms with running water), and medically sound, unbiased information about menstruation. Both of these situations arise from societal issues including poverty.

Target audience: 'Parents' with girls ages 8-13 years old, can reserve grooming self-care packs and/or request support on starting the conversation on hygiene subjects. Our medical experts will schedule a virtual or in person educational session for FREE !!

Learn more by scanning our QR code. Are you ready to schedule your all girl group discussion, just email Tonya Geans, Executive Director The Miles We Walk at TheMilesWeWalk@gmail.com

#Feelin' Cute

www.TheMilesWeWalk.com

The Miles We Walk 501c3