



REVENIR SERVICES, LLC PRESENTS:

HOLISTIC MENSTRUAL AWARENESS

An in-person reproductive health learning series. Practical, scientific, evidence-based information about the physiology and hormones of the menstrual cycle, historical and cultural context for each topic, self-care practices, as well as the energetic and spiritual component to our lived experiences. An inclusive and intersectional curriculum.

23650 WOODWARD AVE. SUITE #300
PLEASANT RIDGE, MI 48069

03.26.22, 11AM:
INTRO TO BODY LITERACY
(ONLY \$5!)

04.23.22, 10AM:
PREMENSTRUAL PHASE & PMS

05.21.22, 10AM:
HORMONAL CONTRACEPTIVES

06.25.22, 10AM:
THE MENSTRUATION MODULE



SCAN ME

07.23.22, 10AM:
CERVICAL LITERACY, PART 1

08.20.22, 10AM:
CERVICAL LITERACY, PART 2

09.24.22, 10AM:
OVULATION & THE EGG

10.22.22, 10AM:
PERI AND POST MENOPAUSE

Scan the QR code above to register. Sliding scale from \$25 to \$100 per module.
Curriculum created and presented by Rachel Semantilli, full spectrum doula and reproductive health educator.
Hosted by Metta & Moxie

Questions? (248) 943-5097

www.revenirservices.com