



Women's Health Skincare

🕒 WHEN

Monthly on **Thursday**
October 2, 2025
November 6, 2025
December 4, 2025
5:00–7:00 pm

📍 WHERE

In person at
5 Fairview Mall
Drive, Suite 359,
M2J 2Z1

❓ QUESTIONS

Contact Ester Araskhanyan
earaskhanyan@fhc-chc.com
416 640 5298 ext 425

+ MORE INFORMATION

This quarter, our Women's Health Program is all about skincare, celebrating the skin as the body's largest organ and understanding its essential role in overall health. Join us for an interactive, hands-on workshop where we'll explore:

- Common skin concerns like dryness, pigmentation, sensitivities, and aging
- Tips for proper hydration and protection
- Simple, natural recipes to make your own skincare products at home

Don't miss this opportunity to nurture your skin's health and glow!

REGISTER NOW:

Scan the QR code below, or click here.

Registration for FHC Programs:
October-December 2025, Q3 (Ester Araskhanyan)



Child minding available on request!