



EMPOWERING
THE MASSES
ONE PERSON AT A TIME

presents

FREE
EVENT

PAUSE & PAINT: A CREATIVE CONVERSATION ON MENOPAUSE

Whether you're experiencing menopause or supporting someone who is, join us for an afternoon of painting, connection, and conversation. Explore menopause through art in a welcoming, judgment-free space focused on uplifting voices.

What's Included:

- ✓ A delicious meal while you paint
- ✓ Guided painting experience
- ✓ Take home hand-painted pottery piece
- ✓ Candid conversation on menopause

Participants must be women age 35+



November 1, 2025

11:00 AM-2:00 PM



**Location Provided Upon
Confirmation**

sponsored by:



REGISTER NOW



For more info, contact us at 972-885-8881
or escott@empoweringthemasess.org

