



info@gastonandporter.org  
301 765-1942

**The Gaston and Porter Health Improvement Center, Inc.**  
**THE PRIME TIME SISTER CIRCLES® CLASSES**

**Each Class 13 weeks one and a half hour weekly sessions starting**  
**Thursday, October 6, 2022 6:30-8:00 pm**  
**Saturday, October 8, 2022 10-11:30 am**



[Register Here](#)



**Open to Black Women Ages 40-75 Living in Prince George's County, MD**

**Free 13 Week Program**

**Receive Weekly \$10 Stipend**

**Combat Stress and Hypertension**

**Hear from Culturally Competent Licensed Experts on Stress Management,  
Nutrition, Fitness and Blood Pressure Control**

**Develop Health Plans**

**Acquire a Support Group with Extraordinary Women**

**Receive Free Books and Health Monitoring Devices (BP Monitors, Pedometers)**

*Circles are Virtual and  
Host 20 Women*

**Over 3,000 women have completed this award winning program. Don't miss your opportunity to take charge of your health, achieve better outcomes and live lives of prevention.**

**Provided by:**



**The Gaston and Porter Health  
Improvement Center, Inc.**



**Healthy Eating**

**Funding  
provided by:**



**Maryland Community Health  
Resources Commission**