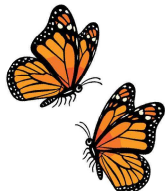


HER HEALTH MATTERS



Expo

October 1, 2026
5:00 PM – 8:30 PM
German Hall, Delhi, ON

An evening of learning, connection, and empowerment for women at every stage of life.



Please Bring a Donation in Lieu of an Entrance Fee!

Help support local families by donating cash, non-perishable food items, menstrual products, or infant essentials such as diapers (size 5 and 6), wipes, formula, or infant food.



Featured Keynote Speakers

5:30-6:15 PM	Ashley Beaton, ND	Pre-conception, fertility, and pregnancy
6:15-7:00 PM	Dr. Kailey Buller	Midlife and parenting
7:00-7:45 PM	Judy Gardiner, NP	Peri/menopause
7:45-8:30 PM	Sue Rivard, Reveal Coaching	Life-coaching



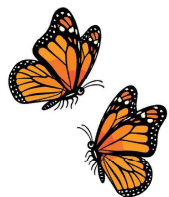
Enjoy coffee, tea, refreshments, snack bar, and door prize draws!



Connect with local experts, businesses, and resources!



Kids Welcome! Balloon animals & fun for the little ones!



*Register
Now* 

