

Period Party!

Let's talk Periods- Together!

An open and welcoming event for pre-teens and teens to learn about periods, puberty, and how to approach this new chapter feeling prepared and empowered!



DATE

Wednesday
November 4th, 2026



TIME

4:30PM - 6:00PM



LOCATION

Nashua Center
22 Prospect St.



Presented by:
Kimberly Clenord, BSN, RN

What we'll talk about:



Puberty & body changes



PMS, cramps, & managing symptoms



What is a period?



Ask anything!
All questions welcomed



Menstrual products & options

FREE EVENT!



Snacks



Giveaways



Fun Activities!

Scan to Register!

