Girl Talk at UAB

We get it – being a young girl isn’t easy. And we know that some of you have questions... About your changing body, boys, pressure at school or from friends, or just about life in general.

You aren’t alone! Girl Talk at UAB is here to listen and answer your questions. Bring your mom (or a trusted female adult) and have some fun learning about growing up!

Saturday, 10:00-11:30 AM
One time sessions:
Jan 11, Feb 22, Apr 11, May 30, Jul 18, Aug 29, Oct 10, or Dec 5
- UAB Women & Infants Center
- Taught by a UAB nurse
- For girls 8-12 years old
- Refreshments and free parking
- $5/girl (moms are free!)

To register call (205) 996-2229 or sign up online at uabhealthclass.com