



WOMEN'S HEALTH AND WELLNESS PRESENTS: BUILDING HOPE THROUGH HARD TIMES

This webinar combines personal storytelling, women's health history, and reflections on life transitions, neurodivergence, community, and hope.

Robyn Schwarz, a Cambridge-based community advocate, facilitator, and speaker, will share her experiences of resilience and navigating major life transitions amid overwhelm and burnout.



**THURSDAY, OCTOBER 29, 2026
6:30 - 8:00 PM**

ONLINE - LINK PROVIDED UPON REGISTRATION



Content advisory: This talk includes discussion of intimate partner violence, mental health challenges, disordered eating, neurodivergence, and barriers to accessing health care. Graphic details will not be included.

To register:

<https://bit.ly/buildinghope2026>