



BEHOLD!

*A Short Course in
Body Literacy & Cycle Tracking*



A one-night, Christ-centered class where high school teens learn to understand their bodies, honor their cycles, and embrace their God-given dignity—together with Mom.

\$10
per girl

WHO IS THIS FOR?

All high school girls

WHAT

IS BEHOLD?

- Learn the 4 stages of the fertility cycle & how to track each
- Discover cycle-syncing & promoting a healthy cycle
- Understand irregularities & root causes
- Avoid birth control as “treatment” & explore restorative health care
- Hear inspiring witness stories of healing & empowerment



ERIE SESSION

Sunday, February 22, 2026
St. Jude the Apostle Church
2801 W 6th St., Erie, PA 16505
5:00 PM - 7:00 PM
Sign Up by 2/17

ST. MARYS SESSION

Sunday, March 1, 2026
Sacred Heart Parish
337 Center St., St. Marys, PA 15857
5:00 PM - 7:00 PM
Sign Up by 2/24

SIGN UP →

