

BREAST FRIENDS



Monthly 'Girls Nite Out'
designed to provide support and
gather with other women in your
community.

EAST MULTNOMAH COUNTY GIRLS NITE OUT

3rd Monday of each month - 7:00pm

Contact: Andrea Jarvis 503.422.2422

andih2o@yahoo.com

WESTERN WASHINGTON COUNTY GIRLS NITE OUT

3rd Wednesday of each month - 6:30pm

Contact: Debbie Vuylsteke 503.998.4094

debbievuylsteke@frontier.com

SALEM GIRLS NITE OUT

3rd Wednesday of each month - 6:00pm

Contact: Marianne McNally 503.409.4389

marieannemm@comcast.net

Please contact the GNO leaders for information to join;
in person events may be happening soon, in addition to
virtual. You can attend any GNO regardless of location.