



Staying Cool at Menopause

Straight Facts on Hormone Therapy and Other Options

Seeking options for relief of menopause symptoms? Interested in bioidentical hormone therapy?

Come to our evening seminar to learn:

- what happens in your body around the time of the last menstrual period
- the latest scientific information about the benefits and risks of hormone therapy
- bioidentical hormone therapy
- options to manage symptoms for women who cannot- or prefer not to-use hormone therapy.

Join staff from the Women's Wellness Program, Menopause Clinic to help you steer through the conflicting and often confusing information about menopause and hormone therapy.

Date: Monday October 22/18 or November 26/18

Time: 7:00pm to 9:30pm

Place: Grey Nuns Community Hospital

Free of Charge

Pre-registration required. To register call: 780-735-9919.

