



Feeling Overwhelmed with Menopause? We are here to help!

Attend one of our popular evening workshops. Gain new insights to be fully prepared for the change for life.



Straight Facts on Menopause and Beyond

Staff from the Menopause Clinic at the Grey Nuns Community Hospital will help you navigate through the mountain of conflicting and often confusing information about menopause and hormone therapy.

Topics of discussion include:

- Perimenopause and menopause signs and symptoms
- Options for managing symptoms
- Benefits and risks of hormone therapy
- Bioidentical hormone therapy
- Options to manage symptoms for women who cannot – or prefer not to – use hormone therapy
- Lifestyle tips and tricks

Fall Dates 2019

Monday October 21, 2019

Tuesday November 26, 2019

TIME:

Sessions are held from 7:00 – 9:30 p.m.

REGISTRATION:

Pre-registration is required. No charge. To register call 780.735.9919 or email andrea.hardy2@covenanthealth.ca