The Women’s Wellness Program believes...

✦ in women making informed choices about their health and wellness

✦ in women being active partners in guiding their health

✦ in education and information to assist women achieve mid-life wellness
What does the Women’s Wellness Program offer?

- Specialized health information for women over age 35. Areas of focus include perimenopause, menopause, symptoms of hormone change, osteoporosis, heart health, etc.
- Consultation for women seeking to make well-informed decisions at midlife
- Menopause and Osteoporosis Clinics
- Education sessions and workshops on menopause and osteoporosis
- Telephone counseling and support
- Information packages
- Annual Prime Time for Women conference
- Spring and Fall Women’s Wellness Newsletter
- Spring Women’s Wellness Lecture Series

Who will benefit from this program?

- Peri- or post menopausal women, who have questions or concerns
- Women wanting to make informed choices about lifestyle, diet or management options related to menopause and beyond
- Women or men with osteoporosis or increased fracture risk

What do the Menopause and Osteoporosis Clinics offer?

- Time with a team of health professionals with specialized knowledge about mature women’s health, menopause and hormone therapy
- A doctor experienced in caring for peri and post – menopausal women
- Access to a doctor specializing in osteoporosis care and fracture risk management
- Links to other related community and health services

Note: Physician referral is required to access the Menopause and Osteoporosis Clinics.

For more information:

To ask questions:
780.735.7604 or 780.735.7216
Fax: 780.735.9866

For an appointment at the Menopause or Osteoporosis Clinic:
780.735.9754 ext 1
(referral from family doctor is required)
Fax: 780.735.9866

For an information package:
780.735.9919

To register for Menopause or Osteoporosis workshops: 780.735.9919

We are located in the:
Grey Nuns Community Hospital
1100 Youville Drive West
Edmonton, Alberta T6L 5X8