

**FEELING GOOD FEELS GREAT.**



**FREE HEALTH LECTURE**

# Making Menopause and Perimenopause Manageable

**When** Tuesday, June 6, from 7 to 8 p.m.

**Where** Boulder Jewish Community Center, 6007 Oreg Avenue

Menopause and the years leading up to menopause (perimenopause) can be turbulent times. In addition to hot flashes and insomnia, women can battle night sweats, mental fogginess, fatigue, lower sex drive, weight gain and irritability. Yet they are often confronted with confusing advice on how to manage their symptoms.

Come hear physicians from Boulder Women's Care discuss the best ways to treat menopausal symptoms, from lifestyle adjustments to hormone therapy.

**RESERVATIONS REQUIRED:**

**[bchlectures.org/menopause](http://bchlectures.org/menopause) • 303-415-4212**



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