

MENOPAUSE

GROUP FOR WOMEN

IN THIS GROUP WE WILL DISCUSS OUR PERSONAL EXPERIENCES AND FEELINGS ABOUT MENOPAUSE. WE WILL ALSO LEARN ABOUT WHAT IS HAPPENING TO OUR BODIES DURING MENOPAUSE AND FIND OUT ABOUT NON-DRUG WAYS (VITAMINS, HERBS, RELAXATION, ETC) TO RELIEVE THE SYMPTOMS OF MENOPAUSE. TALKING ABOUT OUR EXPERIENCES AND SHARING INFORMATION IN A GROUP IS AN EFFECTIVE WAY TO REDUCE THE ANXIETY AND COPE WITH THE PROBLEMS THAT SOMETIMES COME WITH THIS TIME OF CHANGE.

FOUR TUESDAY
AFTERNOONS

MAY 3, 10, 17, 24

2 - 4 P.M.

NO CHARGE

THE GROUP WILL MEET AT
THE MOUNT PLEASANT PUBLIC LIBRARY
370 EAST BROADWAY
(IN THE KINGSGATE MALL)



TO PRE-REGISTER AND FOR MORE INFORMATION PHONE 736-6696

PRESENTED BY THE VANCOUVER WOMEN'S HEALTH COLLECTIVE