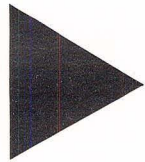


# Menopause

Menopause is a natural transition phase in a woman's life. It is not a disease, although many women do experience some symptoms with it such as hot flashes, night sweats, insomnia, depression, and vaginal dryness. We'll be looking at how you can relieve these symptoms through nutrition, exercise and relaxation. We'll also be looking at the pros and cons of hormone replacement therapy.



*Date:*

*Time:*

*Place:*



**SELF HELP**  
*Workshops*

This workshop is being presented by the Vancouver Women's Health Collective and is made possible through funding from the Health Promotion Directorate of Health and Welfare Canada.