

Vancouver Women's Health Collective
Le Collectif de la Santé des Femmes de Vancouver

888 Burrard Street • Vancouver, B.C. • V6Z 1X9 • Canada

Vancouver Women's Health Collective Presents

MENOPAUSE, BIRTH CONTROL AND PMS WORKSHOPS

to be held on the 2nd, 3rd, and 4th Tuesday of each month,
February through June 1987.

ALL WORKSHOPS ARE HELD AT THE HEALTH COLLECTIVE,
888 BURRARD STREET, VANCOUVER,
AND ARE FREE OF CHARGE.

Menopause Workshops

Menopause is a natural transition 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.

DATES: TUESDAY: MARCH 10, APRIL 14, MAY 12, JUNE 9
7:30 P.M.

Birth Control Workshops

This workshop explores the various options for birth control available to women and their effects on women's lives and sexual relationships. Issues of safety and effectiveness of each method are discussed, as well as how the market influences women's choices and options.

DATES: TUESDAY: FEBRUARY 17, MARCH 17, APRIL 21, MAY 19,
7:30 P.M. JUNE 16

PMS Workshops

Many women experience physiological and psychological changes premenstrually such as irritability, tension, headaches, depression, breast swelling, weight gain, and cravings for sweets and alcohol. We will be presenting up-to-date information on the causes of premenstrual syndrome. As well, we will be looking at what women can do through diet changes, vitamin supplements, exercise and stress reduction to cope with these symptoms.

DATES: TUESDAY: FEBRUARY 24, MARCH 24, APRIL 28,
7:30 P.M. MAY 26, JUNE 23

THESE WORKSHOPS CAN BE GIVEN UPON REQUEST TO GROUPS AND ORGANIZATIONS. PLEASE CALL US AT 682-1633.

