



MENOPAUSE

Information Session



- Objectives:**
- To provide general information about menopause, signs and symptoms, short and long term effects
 - To identify risk factors for cardiovascular disease, osteoporosis, cancer
 - To emphasize the importance of healthy lifestyle practices
 - To discuss therapeutic options including alternative therapies

Location: The Ottawa Hospital, Riverside Campus
1967 Riverside Drive – Amphitheatre (Lower Level)

Time: 1830 – 2030 hrs. (6:30 – 8:30 p.m.)

Dates: Choose **one** of the following:

2016 September 22 *(English session)*
October 20 *(French session)*
November 24 *(English session)*

2017 February 9 *(English session)*
May 4 *(English session)*
September 14 *(English session)*
October 26 *(French session)*
November 30 *(English session)*

Speakers: Registered Nurses credentialed as
Menopause Educators and Menopause
Practitioners

FREE

To register or for more information contact:

Hélène Mongauzy: 613-738-8400, ext. 81727

E-mail: womensmenopausehealth@toh.ca

