



MENOPAUSE



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- 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:

2020	March 5	(English session)
	May 28	(English session)
	September 17	(English session)
	November 19	(English session)

Speakers: Registered Nurse credentialed as Menopause Practitioners

FREE

To register or for more information contact:

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

E-mail: womensmenopausehealth@toh.ca

