

# REDHOTMAMAS<sup>®</sup>

outsmarting menopause™



## MONTHLY TOPICS

October 25

Making Time for Menopause  
Unraveling the Mystery.

November 29

Menopause & Hormone Therapy

**6:00pm –  
7:30pm**

### Other Monthly Topics:

- ◆ An Alternative Route:  
Non-Hormonal Therapy Options
- ◆ Heart Disease & Menopause
- ◆ Bladder & Urinary Concerns at Menopause
- ◆ Breast Changes at Menopause
- ◆ Sex & Menopause
- ◆ Sleep & Menopause  
Sleepless in Menopause City
- ◆ Menopause & Weight  
Management: Staying Fit  
Strong, and Fabulous

**RSVP**

**Allana  
Moore**

**623-7179**



**WOMEN'S  
HEALTH  
SERVICES**  
Montgomery County  
Memorial Hospital

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