



COMMUNITY WELLNESS

Red Hot Mamas® 2023

Tuesdays

7 - 8:30 p.m.

IN-PERSON LOCATION:
Princeton Medical Center
1 Plainsboro Road, Plainsboro
Conference Rooms C, D, E

HYBRID
OFFERED VIRTUALLY
& IN-PERSON

\$15 per person, per session.

Registration required.

Menopause can be a difficult and confusing time—but it doesn't have to be if you are properly prepared. Join us for this new monthly series to help you understand the changes in your body and give you strategies to manage menopausal symptoms.

Red Hot Mamas® monthly sessions will be presented by Shyama Mathews, MD, board certified gynecologist and occasionally feature guest speakers. Dr. Mathews is a member of the Medical Staff of Penn Medicine Princeton Health.



Shyama Mathews, MD

- JAN 10** Meeting Menopause...Unraveling the Mystery
- FEB 14** Hormone Therapy: Oh My! Taking Control of Symptoms
- MAR 14** Taking an Alternative Route: Treatment Options
- APR 11** Bladder Matters: Urinary Concerns During Menopause
- MAY 9** Sticks & Stones: Osteoporosis & Menopause
- JUN 13** And the Beat Goes on: Heart Disease & Menopause
- SEP 12** Sex & Menopause: What's Age Got to Do With It?
- OCT 10** Breast Health & Menopause
- NOV 14** Sleep & Menopause

Register at www.eventbrite.com/cc/red-hot-mamas-1380919

REDHOTMAMAS®
outsmarting menopause™

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ATENCIÓN: Si habla español, servicios gratuitos de asistencia del lenguaje están disponibles para usted. Llame al 1-609-853-7490. 请注意: 如果您讲中文, 您可以免费获得语言协助服务。请致电 1-609-853-7490。