

Managing Menopause

Are you experiencing any of the following?



Hot flashes?

Mood swings?

Fatigue?

Sleep disturbances?

Weight Gain?

Muscle Atrophy?

Symptoms can occur for several **years** before Menopause occurs! Experiencing the “change” does not have to mean a deterioration in your life. Improvements in diet, activity levels and supplementation can help **reduce** the negative effects of menopause!

Bring your lunch and learn how!

Where: UHCL Rm B1437

When: Nov 19th at 12:00pm

E mail onebodyonechoice@yahoo.com **to sign up**

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