

Menopause Matters 101 Webinar

Every woman deserves to navigate perimenopause and menopause with confidence.

What IS a hot flash? Is my metabolism changing? Was I always this tired? Is brain fog real? What is happening to my sleep? and potential treatments.

Join **Dr. Pauline Maki** and **Dr. Makeba Williams** as they discuss common symptoms and treatments.

Monday, October 13 | 12-1 p.m.

bit.ly/MenopauseMatters101



JULIANA STRATTON
OFFICE OF LT. GOVERNOR

