

Menopause Matters

Nutrition & Fitness Webinar

Every woman deserves to navigate perimenopause and menopause with confidence.

Join this virtual discussion with **Alexia Hammonds** from the Exercise, Aging, and Functional Ability Lab at the University of Illinois Urbana-Champaign and **Jill Foos** of Jill Foos Wellness to learn how food, exercise, and sleep can support your body as it changes.

Friday, October 17 | 12-1 p.m.

bit.ly/MenopauseMattersNutrition



JULIANA STRATTON
OFFICE OF LT. GOVERNOR

