

Join our free Menopause Series

A series of workshops on perimenopause and menopause

Learn from a panel of healthcare providers with expertise in perimenopausal and menopausal care.

Virtual Sessions, 2 hours each

Session Title	Date (6:00 pm to 8:00 pm)
What is Menopause?	Wed. Sept. 17
Preventing Incontinence and Improving Sexual Health	Wed. Sept. 24
Menopause, Mood and Mental Health	Wed. Oct. 1
Diet, Exercise, Sleep Strategies to Manage Menopausal Symptoms	Wed. Oct. 8

To learn more, visit our website or scan the QR code:

<https://hamiltonfht.ca/groups-workshops/public/>

Have questions?  (905) 667 4852

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