

Join our **BlueSky Family Health** Team <u>Nurse Practitioner</u> and <u>Registered Dietitian</u> for an informative series on menopause. Learn what to expect, how to manage symptoms, and how to protect your cardiovascular and bone health.

Seminar dates:

May 14, 2025 (1-230pm): Hosted by our Nurse Practitioner.

<u>Understanding menopause:</u> What it is, common symptoms, and effective management strategies.

May 21, 2025 (1-2:30pm): Hosted by our Registered Dietitian.

<u>A dietary approach to menopause</u>: Supporting bone health, reducing cardiovascular risk, and managing weight changes.

Register Today! Call our main office at 705-475-0500 to secure your spot.

