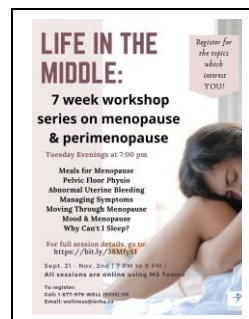


# LIFE IN THE MIDDLE:

A workshop series on menopause & perimenopause.

All sessions are Tuesday evenings at 7 pm, online, and free.

**Register for as many sessions as you like!**



WEEK      Dates

1	Sept. 21	<p><b>Mood &amp; Menopause</b> Marian Goldstein, Peer Support Worker for the Mood Disorders Assoc. of MB</p> <p>Does menopause put you at risk for depression and/or mood swings? Join Marian for a discussion on midlife mental health. Knowledge is key to understanding what to expect and what we can do to feel better.</p>
2	Sept. 28	<p><b>Pelvic Floor Physiotherapy</b> Leslie Roer, Pelvic Floor Physiotherapist, Quarry Physiotherapy</p> <p>More than just Kegels! Specific recommendations for women going through this transition but women of ALL ages will benefit from attending this presentation.</p>
3	Oct. 05	<p><b>Menus for Menopause</b> Karen Omichinski, Registered Dietitian, IERHA</p> <p>Did you know that certain foods can make menopausal symptoms worse? Or that menopause can increase your risk for certain health conditions? Join Karen to find out more as she discusses key nutrients to consider for optimal health.</p>
4	Oct. 12	<p><b>Moving Through Menopause</b> Susan Stevenson, Retired Nurse &amp; Manitoba Fitness Council Instructor</p> <p>Regular physical exercise helps manage some of the changes due to menopause. Exercise protects against bone loss, changes in metabolism, and high blood pressure, AND has a positive impact on mental health!</p> <p>Please wear clothing &amp; footwear appropriate for activity.</p>
5	Oct. 19	<p><b>Abnormal bleeding and Perimenopausal changes</b> Dr. Michael Boroditsky, Gynecologist</p> <p>Myths and Facts ... how do you tell the difference! Q &amp; A session (informal presentation style)</p>
6	Oct. 26	<p><b>Management of Menopause Symptoms</b> Adriana Muc, Pharmacist, Gimli Pharmasave</p> <p>Discussion of natural approaches as well as prescription and over the counter aids.</p>
7	Nov. 02	<p><b>Why Can't I Sleep?</b> Sharlene Thompson, Chronic Disease Nurse (IERHA)</p> <p>There are several factors in menopause which may affect your sleep. Disrupted sleep can occur with or without hot flashes. Join Sharlene as she provides tips on getting the sleep that you need.</p>

**TO REGISTER: Email [wellness@ierha.ca](mailto:wellness@ierha.ca) or Call: 1-877-979-WELL (9355)**