



# Wellness Pathways

## Transitioning Into Menopause: A Support Group

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**Hot Flashes?**

**Mood Swings?**

**Memory Gone?**

**Feeling Stressed Out?**

For many women, the transition into menopause can be challenging. Our bodies are going through a biochemical change and each one of us will experience some physical, mental and emotional upsets as our bodies adjust.

Women have traditionally looked to each other to normalize their experiences. The act of sharing experiences and support with other women has been historically a powerful tool for wellness during the various stages of life.

Participants will have the opportunity to learn about the phases of menopause, the experiences of the peri-menopause, and coping strategies for dealing with the mental, emotional and physical challenges and changes experienced during this period of life.

**When:** Four Thursday Evenings beginning Feb 7, 2008

6:00pm-7:30pm

\$15 per session

**Where:** Crave Coffee House

21037 Calistoga Street

Middletown

**Facilitator:** Leslie Lovejoy, RN, Ph.D.

Wellness Educator and Coach

To register, contact Leslie at 707-350-1087 or by email at [leslie@wellness-pathways.com](mailto:leslie@wellness-pathways.com) Interested participants may also register at Moontide.

