

PROJECT YOU: Life in the Middle

FREE
7-Week Workshop
Series on
Peri Menopause &
Menopause

**REGISTRATION
REQUESTED**

EMAIL wellness@ierha.ca
or CALL TOLL FREE
1-877-979-9355

LOCATION:
Gimli Community
Health Centre
Multi Purpose
Room

**Wednesday
Evenings
7:00PM**

WEEK 1, September 26: Support Your System - Nutrition in Menopause. Presenter - Ingen Gulay, Registered Dietitian and Community Wellness Facilitator (IERHA)

WEEK 2, Moving Through Menopause. Please wear clothing and footwear for physical activity. Presenter - Susan Stevenson, Public Health Nurse (IERHA) and MFC Certified Fitness Leader (Resistance Specialty)

WEEK 3, October 17: Diagnosing and Managing Abnormal Uterine Bleeding: Hysterectomy Alternatives. Presenters - Dr. Richard Boroditsky and Dr. Michael Boroditsky, Gynecologists.

WEEK 4, October 24: Management of Menopause Symptoms. Presenter - Adriana Muc, Pharmasist with Pharmasave, Gimli.

WEEK 5, November 7: Pelvic Floor Physiotherapy. Presenter - Leslie Roer, Pelvic Floor Physiotherapist, Quarry Physiotherapy.

WEEK 6, November 14: Coping with Life When the World is Falling In. Presenter - Dr. Audrey Swift, Researcher and Instructor, Department of Community Health Sciences, Rady Faculty of Health Sciences, University of Manitoba

WEEK 7, November 21: Navigating the Menopausal Transition and Beyond: A Perplexing Time. Presenters - Dr. Richard Boroditsky and Dr. Michael Boroditsky, Gynecologists.



**Interlake-Eastern
Regional Health Authority**