

Managing Menopause

Are you in menopause, close to this life stage, or supporting a loved one who is? Join us to learn the science behind some of the symptoms that bother people and what lifestyle changes can help support healthy weight, hot flashes, bone density, mood, and more.

VIA WEBEX
12 - 12:30PM

Stress

November 6

Led by Shiri Macri,
Licensed Mental Health Clinician

Explore the connection between stress and menopause and how each can influence the other. Discover practical strategies to manage stress and, in turn, possibly ease menopausal symptoms.

Nutrition

November 12

Led by Heather Wolfe,
MPH, RDN, LD, NBC-HWC

What you eat affects your hormonal health. Discover which diet choices can support you feeling your best and provide the nutrients you need at this life stage. Learn easy and enjoyable ways to use food as medicine.

Movement

November 18

Led by Kara Maville,
M.Ed, AFAA, CHC

Empowering women to move comfortably and confidently during every stage of menopause. Learn exercises that support healthy joints, strong bones, good balance, a strong heart and more.

Register by visiting the Dartmouth Health events or scan the QR code below
[Employee Wellness Events](#) | [Dartmouth Health Events](#)



Questions?

Contact LifestyleImprovement@hitchcock.org or call (603) 650-5950