

# OC ETFO/FEEO's Status of Women Committee presents:



## FINDING THE MAGIC IN MENOPAUSE

from speaker Lisa Boate

Join me for this Introductory Workshop where we will Discuss:

- The Telltale signs of Menopause and Perimenopause
- The Core 4 to build the health span you want
- The risks and benefits of HRT
- How to advocate for yourself with Healthcare practitioners
- Any and all questions welcome!



Thursday, April 11, 2024 | 4:30 - 5:30 pm | Virtual

[Register here.](#)

