



Menopause Matters

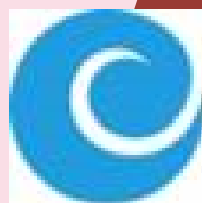
JOIN ANGELA (PHYSIO), NATALIE NP & DANIELLE (DIETITIAN) FOR A TWO PART SERIES ON MENOPAUSE

NOVEMBER 20TH & 27TH 1030 AM
OXFORD COUNTY CHC 2ND FLOOR
35 METCALF ST

We will cover topics such as :

- Menopause overview
- Symptoms and how to manage them
- Sexual Health
- Exercise and your Pelvic Floor
- Urinary Incontinence & Pelvic Pain
- Nutritional Considerations

To register please call
reception at the Oxford
County CHC @ 519-539-1111.



Oxford County
Community Health Centre