

What to Expect as You Approach **MENOPAUSE**



**Red Hot
Mamas®**

Red Hot Mamas® programs are bi-monthly educational programs related to menopause and other mid-life issues.

If you haven't reached menopause yet, come learn what it's all about. It's not just hot flashes.

Speaker
Sandra A. Rivard, MD,
from Central Carolina
Obstetrics and Gynecology

Tuesday, Jan. 19
6:30 – 8 p.m.
The Moses H. Cone Memorial Hospital
Room 1040

Free.
Registration is required.
Register online at www.mosescone.com
or call 832-8000.



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