



PUBLIC EDUCATION EVENT

Mid-Life Women: Tools to Make Wise Health Choices

*Presented by Dr. Vicki Holmes,
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Saskatoon, SK*

Date: March 17, 2010

Time: 7:00 – 8:30 pm

The presentation will be broadcasted from the
City Hospital Rependa Auditorium in Saskatoon to Telehealth Sites in
Saskatchewan

***Call your Regional Telehealth Coordinator @ 862-7256
to check site availability in KTHR***

Objectives:

1. Review changes in peri menopause/menopause in body, mind and spirit
2. Explore options for management of menopausal symptoms
3. Discuss health concerns for women in the post menopause

To register please contact your local Telehealth Coordinator in your community
by March 12 to confirm your site availability



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of Saskatchewan