



## Hot Flashes Ahead! Menopause and Self-Care

Your body changes over your lifespan. For a woman, knowing what to expect about the perimenopausal, menopausal, and postmenopausal stages can help you as your body is changing. Many changes can be eased by embracing a healthy lifestyle. But it is also important to know when to get support.

This webinar invites you into a conversation about menopause with a Kaiser Permanente physician and a health education facilitator.

You will be invited to create a realistic action plan that will help you take positive steps toward taking control of your health and well-being.

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**Date:** Thursday, November 30<sup>th</sup>, 2023

**Time:** 11:00 AM – 12:00 PM

**Webinar Link:**

<https://event.on24.com/wcc/r/4398576/586CFCA510DA631CFFA855156512966E>

*Registration is required. You can register up to the day of the event. Please use Google Chrome or Microsoft Edge to view the webinar – the webinar will not work in Internet Explorer. You can view it from your phone using the same link. No apps or plug-ins are required for viewing.*