

# Menopause Facts and Options

What to Expect, Symptoms,  
and Treatment Choices.



Join us for an informative and empowering session focused on understanding menopause and navigating this life stage with confidence.

This event is designed to provide practical knowledge and resources to help you make informed decisions about your health and well-being. Whether you're currently experiencing menopause or want to prepare for the future, this session will answer your questions and offer valuable insights.

## Topics Covered:

- What to expect during menopause
- Common symptoms and how they may impact your daily life
- Prescription treatment options to manage symptoms
- Alternative approaches, including lifestyle changes, supplements, and holistic remedies



**Monday, March 31, 2025 | 4:00 p.m.**

Aspirus Medford Hospital | Community Education Room | 135 South Gibson Street, Medford, WI

Free program - light refreshments will be provided.

To register and secure your spot, call  
**715.748.2121, ext. 17245**

Monday - Friday 8:00 a.m. - 4:30 p.m.



*Featuring:*

**Elizabeth Edinger,  
WHNP-BC, CLC**

Aspirus Medford Clinic