

CareHere!®



Menopause and Hormone Replacement Therapy

Rutherford County and CareHere

join together to bring you a presentation on
Menopause and Hormone Replacement Therapy.

This presentation will include the following topics:

- Changes that a woman's body makes in the years leading up to and through menopause
- Definitions, signs, symptoms and system changes of menopause
- Lifestyle interventions that can help alleviate the impact from these changes
- A CareHere pharmacist will also discuss hormone replacement therapy both from a pharmaceutical standpoint, as well as supplements.

Please join us March 4, 2010

5:00-6:00p CST

Rutherford County Administration Conference Room

***Please note: Participants MAY NOT attend programs during work hours. All programs (and webinars) are to be completed outside of work hours.**

Please go to www.carehere.com to register and log on with your user name and password. Click on Wellness Registration on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done.

Please contact CareHere Health Coach, Rhonda Wood, RN
by email at rwood@carehere.com or call 615.866.6402 for any questions.
You may also call 877-423-1330 to register.