

Taking Charge of Menopause

A Multidisciplinary Educational Series to Prepare and Support Women's Bodies
Before During and After Menopause
Tuesdays in April and May from 6-7pm

Class #1 - Daily Self Care for Menopause:

In this workshop, by Kate Nicholson, LMT, CYT, you will learn simple, supportive practices to help you cultivate a doable daily (or dally-ish) home practice to support peri- and menopausal time. This will be an interactive class incorporating gentle yoga movements, breath, meditation, and natural plant support in the form of essential oils to ease symptoms and balance fluctuating rhythms from sleep to mood to hot flashes.

April 9th

Class #2- An Eastern Approach:

Heather Spangler, Licensed Acupuncturist, will share the Chinese medical perspective of menopause, and how the various modalities of acupuncture, herbs, and diet can support a graceful transition in this important phase of life. Come learn how this classical medical understanding can inform and inspire us as individuals living in a modern world, providing us with a sense of renewal and well-being.

April 23rd

Class #3 - Sailing through Menopause:

Using herbs and nutrients to support your hormones. Feeling like menopause is taking over your life? In this informative talk, Dr. Carrie Werner, Naturopathic Doctor and Midwife, will provide easy ways to balance your hormones using herbal and nutritional medicine.

May 14th

Class #4 - Menopause, Our Second Spring:

Molly Maguire, Dipl. OM, takes a holistic and integrative approach to care. In this class you will learn about how to prepare your bodies in the years leading up to menopause, for smooth transition with minimal discomfort. Managing menopausal symptoms with acupuncture, herbal medicine, and nutrition. Focusing on underlying imbalances. Many of the discomforts that women experience are an expression of imbalances that have already existed in their bodies for years. Our integrative approach addresses these imbalances.

May 21st

Space is limited so please call 207-729-1164 to reserve your spot!

\$10 per class or \$35 for all 4

Scholarships and financial support are available



**All classes will be held at Greater Brunswick Physical Therapy and
are sponsored by the GBPT Pelvic Health Department
11 Bowdoin Mill Island, Suite 220
Topsham, Maine**