



a HealthyNS Program

FREE Online Class Menopause Explained: From Symptoms to Strategies (2 week series)



SCAN HERE
to register

This two-week series explores the physical, emotional and lifestyle changes that can happen during the menopause transition. You'll learn about common symptoms, what's normal and what can be treated. The sessions include tips and guidance from a doctor and other healthcare professionals to help you feel more informed and in control.

Sign up today:

Visit: www.healthyNS.ca
or Click Here

