

# World Menopause Day

October 18

Let's learn more about **Menopause**

Do you have any of these symptoms;

- . Hot Flashes
- . Joint Pain
- . Mood Swings
- . Vaginal Dryness
- . Night Sweats

**THEN HIT PLAY  
NOT PAUSE!**



A Wise Womes's  
Guide to "The Change"

