

Menopause Cafe



time to chat, learn, snack, get support (and kvetch if you need to)!

Thursdays: Sept 17, Oct 15, Nov 19, & Dec 17 6-7:30pm

Charlotte Senior Center, 212 Ferry Road, Charlotte

Topics
Include

- Peri/Menopause Basic Info
- Peri/Menopause and Ayurveda
- Rewriting Stories of Stigma and Decline

Hosted by:

Kathryn Blume, Clinical Mental Health Counselor
Jen Peterson, Ayurvedic Health Counselor

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