

*Introduction to Bioidentical Hormones Workshop*  
*Saturday October 3<sup>rd</sup> 2009*  
*10am-12pm*

*Interested in learning more about bioidentical hormones? Learn about bioidentical hormones and how they differ from conventional hormone therapy replacement. This workshop is ideal for anyone in perimenopause or already in menopause who is struggling with menopausal symptoms*

*This workshop will cover :*

- *Basic information on bioidentical hormones*
- *Hormone testing options*
- *Menopausal symptoms and treatment options*
- *Using hormone replacement safely to minimize risks*
- *Role of the adrenals and thyroid during menopause*
- *Breast thermography*

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*Space is limited*  
*Call 858-618-5449 to register*  
*\$15 if registered by September 17<sup>th</sup>*  
*\$25 after September 17<sup>th</sup>*

*Non-refundable after September 28<sup>th</sup>*

