

 Wooster Community Hospital offers
The REDHOTMAMAS[®]
outsmarting menopause™

Menopause Education Programs

Red Hot Mamas[®] was founded in 1991 and is the nation's largest menopause management education program. According to Karen Giblin, President and founder, the name, "Red Hot Mamas," came from her daughter who came home from school one day and found Karen in the midst of a hot flash, red faced and all. "Oh, mom," she said, "You're a red hot mama."

It's a program through Wooster Community Hospital that can help take the mystery out of menopause and approaches it with humor, education, and honesty.

Program Location:
Auditorium
Wooster Community Hospital
1761 Beall Avenue
Wooster, Ohio 44691

There is no fee for joining our program or for the educational sessions. Call 330.263.8145, or e-mail wchrhm@wchosp.org, to join and register for each session.

● **November 17, 2009**

The Menopause Transition: Pause and Effect - Speaker, Dr. Emily Benekos

● **December 15, 2009**

The Natural Way: Alternatives to Hormone Therapy - Speaker, Dr. Eric Smith

● **January 5, 2010**

Staying Fit, Strong, and Fabulous: Prescription for a Healthy Life - Speaker, Arica Betson and Sherry Leggett

● **February 2, 2010**

Hanging on to What We've Got: Looking Terrific During Menopause - Speaker, Denise Parker

Programs begin at 6:30 p.m.

W O M E N
Feeling Great
at any age!