

# Calming the Winds of Change...

*Strategies for Midlife Health and Well-being*

*Saturday, September 14*

*8:30 a.m. - 4:00 p.m.*

*The Westin Southern Hotel  
310 South High Street  
Downtown Columbus*

*\$35*

Join us for a day full of enlightenment, as we explore ways to promote good health and well-being during midlife. Medical experts in midlife and menopause will discuss how to manage the physical and emotional symptoms often experienced during peri-menopause and menopause. You will learn the most up-to-date information about Hormone Replacement Therapy, alternative therapies, nutrition, and fitness. You will also learn how to deal with physical and emotional changes, sexuality, and relationships...so that you can gracefully move into the next chapter of your life. Bring your mother, daughter, sister, or friend, and take time for yourself...because you deserve it!

Call 614-234-LIFE to register. Reserve your seat today, space is limited!

**Keynote Speaker:**

Charles Caranna, MD, OB/GYN  
Certified Menopause Practitioner

**Speakers:**

Steve Pariser, MD  
Mark Elliott, PhD  
Anthony Buchta, RPh  
and More!

**Plus, everyone who attends will:**

- receive a special gift
- enjoy a delicious catered luncheon
- participate in a yoga demonstration
- have the chance to win a spa package or a weekend get-a-way



**MOUNT CARMEL**

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