Lunch and Learn

Menopause and Your Health

If you are women above the age of 40, come learn about women’s health issues related to hormone changes during menopauses

In a 45-minute lunch & learn session

Dr. Meizi He and the Laboratory of Human Nutrition will discuss common problems and solutions as you transit into menopause.

Bone Health
Cardiovascular Disease
Weight Gain
...and more!

Day & Time: Friday March 30 12:00-1:00
Location: UC 2.01.40--Chicano Cultural