



# MENOPAUSE

## KEEPING HEALTHY AND FIT FOR WOMEN

Women have unique nutritional concerns as they age. This **FREE** seminar will address the common concerns related to nutrition, aging and menopause, as well as the potential health risks such as osteoporosis. Come and learn how to use nutrition to maintain your physical and emotional health as you enter into a new phase of life.

<b>Speaker:</b>	<b>Laura Z. Morris, RD, LDN, CDE</b>
<b>When:</b> <b>OR</b>	<b>Tuesday, October 6<sup>th</sup> at 10:45am</b> <b>Tuesday October 13<sup>th</sup> at 6:00pm</b>
<b>Location:</b>	<b>Orchard Hills – Daycare Room</b>
<b>Contact:</b>	<b>Barbara Pagourgis, BS, CSCS</b> <b>978-852-0226 bpagourgis@aol.com</b>

**Bonus: \$25.00 off 8 week Nu-fit program for ALL Attendees**