

Women's Health Series

At Memorial's Health Discovery Center



Join us for presentations by Deb Houser, RPh, from Mar-Main Pharmacy. You'll learn great ways to improve your health and balance your changing body.

All sessions are **FREE**. Reservations are required.

**Hormone Balance and Thyroid Function:
How Our Bodies Work**

Monday, June 13, 5:30 – 6:30 p.m.

Come and learn how hormones work within our bodies and how their balance changes throughout our lives.

We will also explore how many factors in our lives can affect thyroid health. This lecture is applicable for both women and men, and will address sex hormones, adrenals, thyroid, insulin, and others.

**Achieving Hormone Balance and Adrenal Function
Tuesday, June 14, 5:30 – 6:30 p.m.**

Our hormone levels go through stages throughout our lives. This discussion will address these changes, explain the differences between synthetic, natural, and bio-identical hormones, and address non-hormonal options to help with symptoms of peri-menopause and menopause. We will also discuss Adrenal Function and how it affects our bodies. This presentation is for women or men who live with women.

Free parking is available in the 100 Navarre Place Parking Garage. Just bring your garage ticket in with you. Seating is limited. Please call **574-647-1801** for more information or to reserve your seat for any of these sessions.

