

# Free Community Education Program

## WINTER 2025

Registration is required!

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## Menopause: Taking Charge of Your Change

**Date:** March 12, 2025

**Time:** 6:00 p.m. – 7:30 p.m.

**Site:** Women's Center for Wellness

Join Obstetrician/Gynecologist Dr. Lenora Williams, as she shares information on common concerns menopausal and perimenopausal women have. She will also provide an overview of current management strategies available. This program will empower women to seek out individualized care to address their issues and live a better life with menopause.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online  
or call 860.533.6550 for assistance.

**ECHN**<sup>SM</sup>  
Eastern Connecticut Health Network