



Women's Mid-Life Health Centre of Saskatchewan

Saskatoon City Hospital
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Support



Talk and Tone for Women

A program of Women's Mid-Life Health, Women's Health Centre, Saskatoon City Hospital



What mid-life women know:

- Change can be a challenge but, we are up to it when we are equipped
- Talking helps us learn and support each other
- Physical activity is essential for body, mind and spirit to thrive
- We are not alone when we reach out to each other

Each of the 6 classes consists of 45 minutes of education with discussion and 45 minutes of physical activity and meditation exercises.

Topics and Activities include:

- Managing menopause symptoms: hot-flashes/night sweats, moods swings and depression, sex and libido, weight gain, sleep, topics you suggest
- Exercises to **energize** (Zumba - exercise to Latin rhythms), for **strength** (learn how to use light free weights), **balance and core tone, meditation and relaxation** (beginning level yoga)

Discussion leader: Sarah Nixon-Jackle, Women's Mid-Life Health Centre, 655-7681

Exercise Instructor: Laura Harris, The Studio at Oshun House

When: Tuesdays, October 18 - November 22, 2011 from 6:30 p.m. to 8:00 p.m.

Cost: \$75 (cash or cheques payable to Women's Mid-Life Health Program)

Where: Women's Health Centre, main floor (beside the coffee shop)
Saskatoon City Hospital
701 Queen Street, Saskatoon

Bring your yoga mat and wear comfortable clothes!

For more Information and to Register
Call Sarah Nixon-Jackle 655-7681



Support

Inform

Inspire