

Women's Health:

A Woman's Guide to Wellness



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Women's Health: *A Woman's Guide to Wellness*

As women search for ways to optimize their health, we must sift through an enormous amount of recommendations advertised in both conventional and complementary medicine. What is your personal health IQ? Do you know ways to reduce your risk of heart disease, breast cancer, and osteoporosis? Are natural hormones safe? Come join us for this highly informative session that explores strategies for optimizing health in women across her lifespan.



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OBJECTIVES:

1. Identify three lifestyle interventions that can reduce the risk of chronic disease.
2. Describe the evidence of safety and benefit for three dietary supplements used to reduce the symptoms of PMS and menopause.
3. Discuss the evidence for three dietary interventions for weight loss and prevention of heart disease, and Diabetes.