



# Menopause The Basics

This 2-part series is for individuals, and their support persons, going through perimenopause or menopause who want to better understand what is happening in their bodies and how to manage it.

In this class, you will:

- Learn about common symptoms of menopause and perimenopause—such as hot flashes, mood changes, and sleep issues—and why they happen.
- Discover practical tools and strategies to help manage these symptoms in day-to-day life.
- Gain confidence to talk with your healthcare team and ask the right questions.
- Explore lifestyle changes that support your health and well-being.
- Connect with others going through similar changes and feel less alone.

Class Type	Date	Time	How to Register
Online	Tuesdays, September 16 & 23	5:30 p.m. – 7:30 p.m.	<a href="#">Register Online</a> Or call 1-877-314-6997 Hosted by Central Zone
Online	Tuesdays, October 28 & November 4	5:30 p.m. – 7:30 p.m.	

These classes are for Albertans over the age of 18. Online classes are on Zoom and participants should have access to:

- A computer, tablet, or smartphone with a working camera and microphone;
- An internet connection; [visit this webpage to learn how to join a Zoom class](#);
- A private space in Alberta while attending the class.

