



# Eating Well for the Menopause Journey

## Class Materials

Links to the class materials are listed below in blue.

We encourage you to review the materials before the class and write down questions you have.

- [Mediterranean Style of Eating](#)

The following handout is not available online and will be emailed to registered class participants.

- Healthy Guidelines for Menopause



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**Primary Care  
Alberta**

Alberta Healthy Living  
Program