



JOIN US!

**MAY 18, 2025
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**HARBOR GARDENS
1022 BRIDGE ST,
ASHTABULA, OH 44004**



FOR A DISCUSSION ABOUT MENOPAUSE



An inviting space with trusted information on:

- Expected changes
- Treatment options
- Action steps



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Nurse practitioner, Menopause Society Certified Practitioner, and coach with a focus on midlife integrative health, lifestyle, and well-being.



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