



**FOR IMMEDIATE RELEASE**  
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### **OB/GYN TO TALK ABOUT MANAGING MENOPAUSE**

Every woman will face the menopause transition one day. This life stage brings a lot of physical changes, and each woman's experience will be unique. Join Dr. Denise Helin, an OB/GYN at Livingston HealthCare, who has completed a fellowship in Integrative Medicine, for *Managing Menopause*, a discussion about how you can maintain balance and good health during menopause.

"Menopause is one of the biggest life changes that women go through," explains Dr. Helin. "Each woman needs to consider her own circumstances—family and personal medical history, lifestyle, etc. I like to go through all the possibilities and then work with patients to make a plan that fits their needs."

Dr. Helin will review how menopause affects your body and strategies for achieving balance and wellness during times of great transition. She will explain the benefits and risks of conventional and alternative options and answer your questions.

Dr. Helin will be speaking at the Livingston Park County Public Library in the Community Room on March 23 at 7:00 pm (snacks and drinks will be provided). Attendance is free. For more information, visit [www.livingstonhealthcare.org](http://www.livingstonhealthcare.org) or call 823-6710.

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