

Valuable informative Seminar for Women:

Menopause Education, Choices, Sharing

A North Shore pharmacist is offering education for women going through one of the least understood times in their life.

Monterrey Wigglesworth (nee Marks), a pharmacist at Albany Village Care Chemist, runs seminars on perimenopause – the period of transition between regular menstrual cycles and menopause.

Monterrey, originally from Vancouver, says: “Women may notice their PMS getting worse, heavy periods, trouble sleeping, mood changes and hot flushes – things we call menopausal but they’re happening to women in their 40’s and can last for up to 10 years”

These evening sessions tell women what occurs during perimenopause and menopause and look at lifestyle and nutrition issues which can ease the transition and improve general health. She also aims to clear up the widespread confusion about hormones (often grouped together and called HRT).

Monterrey, who is qualified in nutritional and hormone medicine also offers private consultations at the pharmacy, for a chance to create a personal plan, based on your preferred approach. She can help bridge the gap by working together with physician and other health practitioners.

Next Date: Tuesday May 20th

Time: 6:30 – 8:30pm (1 hour for talk and 1 hour open for questions)

Place: Albany Village Care Chemist
7/231 State Highway 17, Albany Village

Speaker: Monterrey Wigglesworth (consulting pharmacist)

Cost: \$20.00 (\$5 store voucher for attendees)

Register: **Call (09) 415 9676** (space is limited – prior payment must be received to reserve space)

Monterrey Wigglesworth has been a consulting pharmacist since 1997. She has further trained in compounding, hormone and nutritional medicine in Canada, Australia and the US. Her aim is to bridge the gap amongst health professionals, as a speaker and via one on one consultations.

Special for attendees:

\$5 voucher for store purchase

50% off the book: You’re Reached Menopause; Now What? Retail \$20