

**TUESDAY
APRIL 15
6:00 PM**

BREAKING THE SILENCE ON MENOPAUSE

**A program for adults
with Carol Archambault**



BLACKSTONE PUBLIC LIBRARY

**86 Main Street Blackstone, MA, 01504
508-883-1931**

This presentation is designed to help women understand menopause, its stages and how it impacts overall health. Many women enter perimenopause and menopause without the knowledge they need to navigate this transition, where they will spend 40% of their life. In this talk Carol will cover common symptoms, the role of hormones, lifestyle strategies for managing changes and available treatment options. Attendees will leave with practical tips, valuable resources and tools to advocate for their health.

Carol Archambault is a lifelong Blackstone resident. "As a menopausal woman, I experienced first-hand the frustration of realizing that my own doctor lacked the education and knowledge to truly support me in this stage of life. That frustration turned to determination--I knew I had to take control over my own health. This journey led to become a Certified Menopause Coaching Specialist, so other women don't have to struggle like I did. My mission and passion is to provide guidance, education and support through fitness, nutrition and lifestyle practices, helping women feel strong, vibrant and in control of their health."

Registration is required. Visit our Events Page.

**This event is funded by a generous donation
from the Library Gift Account as authorized
by the Board of Library Trustees.**



Contact the Blackstone Public Library at
508-883-1931 for more information.
www.blackstonepubliclibrary.org