



Supporting The Menopause Journey Discussion Group

**Presented by: Rhiannon Doyle,
CARS Senior Counselor**

**Date: Tuesday October 20
Time: 1:30 to 2:30 p.m.**

Join us for a group discussion on the menopause journey, where we will explore the physical, emotional, and social dimensions of this life transition. Through research insights and shared experiences, we will discuss ways to strengthen awareness, understanding, and support, through the group process.

Location: Zoom

**To register please email cars@unm.edu
with your name and email**



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