

# “ Power Surges: Menopause and You ” Seminar

May 10, 2005  
3 to 5 pm

Join us for Tea & Refreshments

Presenter: Judith Collins, RNC, MS, WHNP, FAAN, former Director of the comprehensive MCV Women's Health Care at Stony Point Park and Associate Professor Emeritus, Schools of Nursing and Medicine, Medical College of Virginia/Virginia Commonwealth University (MCV/VCU). Ms. Collins is a nationally known speaker, consultant, and writer in the areas of health policy, women's health care, and nurse practitioner issues.

This **lively and interactive** seminar will include information and discussion about menopause. By the end of the seminar, women should be able to:

- Define premenopause, perimenopause, and menopause
- Understand the hormonal basis of menopause
- Identify the emotional and physical changes that occur as a result of a decline in estrogen and learn how to address these changes
- Understand the nature of sexual changes in women 45 years and older
- Identify the risks and benefits of hormone replacement therapy, including current thinking related to breast cancer and heart disease
- Understand the opportunities to promote health during the perimenopause and postmenopausal periods

Seminar is free to the public. Seating is limited.  
Please call 804- 327-8857 to make a reservation.

The Stony Point Women's Health Center is located at 9000 Stony Point Parkway, Richmond, VA. Directions to the Center are available at:

[http://www.womenshealth.vcu.edu/about\\_us/directions\\_whc.html](http://www.womenshealth.vcu.edu/about_us/directions_whc.html)

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Seminar sponsored by the  
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