

# Menopausal Symptom Support Group

## Monthly Newsletter

Dear Members,

Welcome to our monthly newsletter! We are excited to share updates, resources, and support for all of us navigating this journey together.

### **This Month's Topic: Managing Hot Flashes**

Hot flashes can be one of the most challenging symptoms of menopause. This month, we will discuss effective strategies to manage and minimize discomfort.

- Wear loose, breathable clothing.
- Practice deep breathing exercises.
- Stay hydrated and avoid spicy foods.
- Try acupuncture or yoga.

### **Upcoming Events**

Join us for our next support meeting on:

**Date:** Thursday, November 15, 2023

**Time:** 6:00 PM - 8:00 PM

**Location:** Community Center, Room B

### **Member Spotlight**

This month, we'd like to highlight Jane Doe, who has bravely shared her story about coping with menopausal symptoms. Thank you for your openness and support, Jane!

### **Resource of the Month**

Check out the book *"The Menopause Manifesto"* by Dr. Jen Gunter for an informative read on navigating menopause.

Thank you for being a part of our community! We look forward to seeing you at our next meeting.

Warm Regards,

The Menopausal Symptom Support Group Team