



# FABULOUS FOREVER

## Thrive Through Menopause

Learn the stages & symptoms of menopause including changes in metabolism, food & weight gain, mood swings, body type, movement & fitness.

Facilitated by Mirabai Holland

**Thursday, March 22 | 12p - 12:45p**  
Admin Building, 5th Floor Heron Room

Register at [www.manateeyourchoice.com](http://www.manateeyourchoice.com)  
> Program Registration tab

