

# **PRESBYTERIAN WOMEN'S MIDLIFE EDUCATION GROUP**

## **JANUARY – JUNE 2013**

### **January 20 - Clearing Up the Confusion about Hormone Replacement Therapy**

**Ginger Panter, CNM** - With so much attention from the media about the pros and cons of hormone replacement therapy making a decision on the best approach can be confusing. In this program learn about the latest options available and what may be best for you and have your questions answered!

### **February 18 - Vitamin D, Nutrition and the Heart**

**Dara Lee, MD**

In the last few years Vitamin D has been touted as one of the superstar vitamins. Is the hype accurate? In this insightful presentation, Dr. Lee will review the science behind vitamin D, and the latest recommendations on supplementation. Learn the type and amounts recommended for you. Dr. Lee will also discuss nutrients known to contribute to a healthy heart!

### **March 18 - Understanding the Dramatic Effect of Stress and Complications to the Body**

**Tom White, RPh, PhC**

The presentation will provide a comprehensive understanding of the impact of stress on the body including the effects on: adrenals glands, hormone balance, toxicity, the thyroid gland and the inflammatory response. Attendees will register for valuable gifts to be given away after the discussion.

### **April 15 - What's Hot, What's Not in Breast Cancer Diagnosis**

**Robert Rosenberg, MD**

Enter the world of Modern medicine and technology related to the diagnosis of breast symptoms. Learn what tests are best and why and which are not always useful. Dr. Rosenberg will discuss some of the values of different tests and how radiologists decide which is best.

### **May 20 – Herbs For Health – Medicinal Plants**

**MariaThomas**

Women have relied on medicinal plants throughout history to assist them through the various stages of life. Join Rio Grande Botanic Garden and learn about some of the most common herbs found to help women to age wisely.

### **June 17 – You're Not Taking It With You**

**Mike Suttle**

An experienced financial planner will discuss how to better protect one's assets in today's complicated economy. Enjoy hearing sound advice to help secure your future!