

Healthy Aging for Women Series

October is Menopause Awareness Month. Perimenopause, menopause, and postmenopause are natural life stages, but the changes can feel overwhelming. You don't have to go through them alone. This month's workshops offer tips, resources, and support for your health and well-being.

Visit sfhss.org/events to register and learn more.

October 7

**12:00-1:00 PM &
5:30-6:30 PM**

Menopause and Perimenopause

Explore how to promote healthy aging and discuss specific health concerns such as sleep and menopause. In this workshop, participants will:

- Identify health concerns specific to women.
- Learn about risk factors and steps to take to promote healthy aging.
- Create a plan for overall health and well-being.



Caregiver Self-Care

Learn self-care strategies to improve your health and wellbeing, to better care for others. In this workshop, participants will:

- Learn about self-care practices to reduce stress.
- Understand how to care for oneself while caring for a loved one.
- Put a plan in place to improve your own self-care.

October 14

**12:00-1:00 PM &
5:30-6:30 PM**



Emotional Well-Being

Identify sources of stress, and practice self-care and coping strategies to improve your well-being. In this workshop, participants will:

- Understand stress response and its effects.
- Practice relaxation and other methods for self-care.
- Create a plan for stress relief, self-care, and emotional well-being.

October 21

**12:00-1:00 PM &
5:30-6:30 PM**



Sleep

Reviews sleep cycle, sleep hygiene and practice relaxation skills. In this workshop, participants will:

- Learn about healthy sleep and the consequences of poor sleep.
- Review the sleep cycle.
- Determine how to get better sleep with stimulus control and proper sleep hygiene.
- Practice relaxation techniques.

October 28

**12:00-1:00 PM &
5:30-6:30 PM**

