

# Understanding Menopause: What Every Woman Should Know

Wednesday, January 14

4:00 pm

Cutchogue-New Suffolk Library  
27550 Main Road, Cutchogue, NY



Join **Dr. Alison Madden, Chief Medical Officer and Gynecologist at Stony Brook Eastern Long Island Hospital**, for an informative discussion on menopause:

- What menopause is and what to expect.
- How to manage symptoms for a healthier, more comfortable transition.
- Latest treatment options and evidence-based approaches.
- Lifestyle strategies to support overall well-being during this natural stage of life.



**Scan to Register**

or

Call 631.477.5164

