



*Community Memorial Hospital &
Cloquet Public Library Present*

WOMEN'S HEALTH: THE POWER IN THE PAUSE SERIES



with Jennifer Lindquist, PT, DPT

@ Cloquet Public Library

Thursday, September 24, 5-6 PM

- The Pause Begins: Introduction to Perimenopause and Menopause

Thursday, October 1, 5-6 PM

- Hormones Unlocked: Understanding Hormone Replacement Therapy (HRT)

Thursday, October 8, 5-6 PM

- **The Core of Confidence: Pelvic Health & Sexual Wellness**

Thursday, October 15, 5-6 PM

- **Rest, Reset, Reclaim: Sleep, Brain Fog, and Mental Clarity**

Thursday, October 22, 5-6 PM

- Strong to the Bone: Bone Health & Strength Training
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