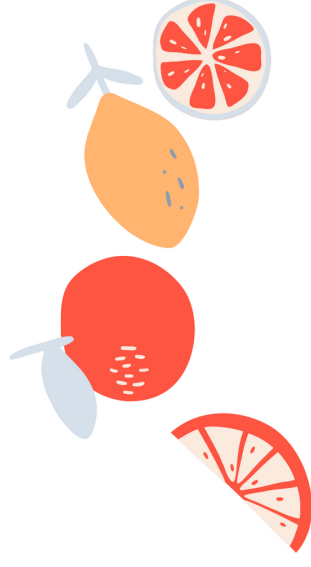
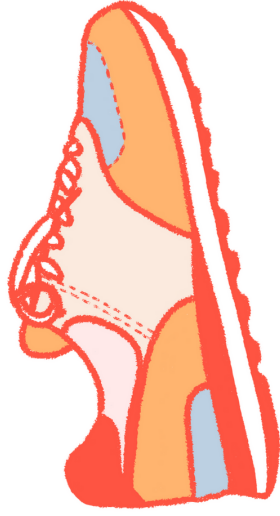


Staying Healthy During And After Menopause

These tips may help you lower your risk for heart disease and osteoporosis and keep you healthy.

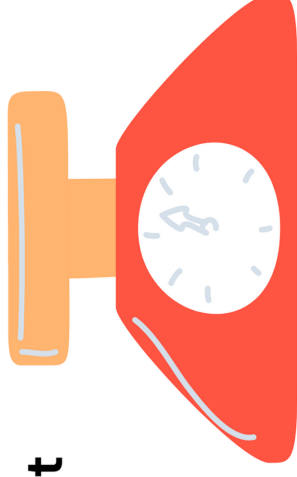


Eat a healthy diet

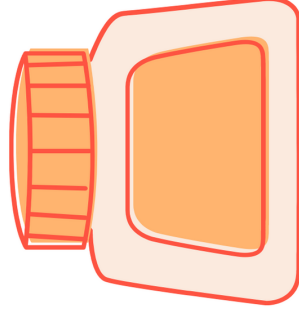


Be physically active

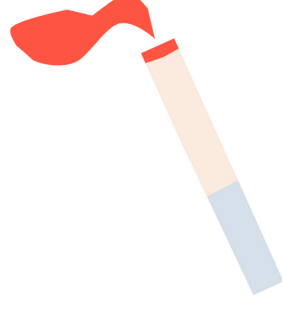
Maintain a healthy weight



Get enough calcium and vitamin D



Don't use or smoke tobacco products



For more information on menopause go to medlineplus.gov/menopause.html

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