

KNOW YOUR FLOW

Let's Talk About It!



Many women find it helpful to reach out to supportive family or friends during menopause. If you are having trouble talking about menopause, know that you are not alone! All women go through menopause after a certain age. Talking with your friends and family also can help them understand how menopause affects you.

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

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