

Menopausibilities

Presents: A Weekend of Balance for Women

October 23 & 24, 2010 • Inn at Red Hills • 1410 N Hwy 99 • Dundee, Oregon 97115



Mary Miller Doyle

Included with Your Weekend

A luxurious room at *Inn at Red Hills*, all meals, happy hour wine and olive oil tasting, PJ's & Port, all talks and activities. (Not included: cocktails/wine with dinner.)

Single—\$295

Or share a room with your girlfriends:

Double—\$230 per person • Triple—\$215 per person

Quad—\$200 per person

Day-Tripper: Saturday—\$125 • Sat/Sun—\$160

Early Bird Pricing:

Register by September 7th—\$25 off, plus free book

Register by September 22—\$25 off

Room availability is first come, first served after September 23rd.

The Conversation Continues . . .

Join us in Oregon's beautiful wine country this October for a weekend of fun, learning, great food, wine, yoga, and a marketplace of natural options! You'll get the latest information, inspiration and tools for finding balance and symptom relief—wherever you are in perimenopause or menopause, or if you just feel out of balance. Visit menopausibilities.com to register. Space is limited!

The Weekend's Agenda

Saturday, Oct. 23rd

- 1:30 pm Check in, browse our *marketplace*
- 2 pm Refresher: Hormones 101*
- 3 pm Do You Have a Hormone Imbalance?*
- 4 pm From Imbalance to Balance: The Essentials*
- 4:45 pm Free time: Meander the *marketplace*
- 6 pm *Hormone Happy Hour* & olive oil tasting
- 7 pm Northwest Cuisine dinner by *Farm to Fork*
- 8:30 pm Free time
- 9:30 pm Late night conversation: PJ's & Port (or a cuppa if you prefer . . .)

Sunday, Oct. 24th

- 6:30 am Walk/run: optional—sleep in if you like!
- 8:30 am Yoga
- 10 am Breakfast with the Experts: Q&A
- 11 am Wrap-up: *Your Personal Balance project*
*Each talk is followed by a short break

Kyle Bell McAvoy is a certified women's health care nurse practitioner at Pearl Women's Center in Portland. She has extensive experience working with bioidentical hormone therapy and believes that all women deserve balanced, healthy and fulfilling lives.

Candace Burch has worked in health promotion and disease prevention for over 25 years as a woman's health advocate and champion of safe natural approaches to menopause management. She holds a Masters degree in Health Education.

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