


Women's Health Community Series



 Kaiser Permanente Southern Alameda County invites you to attend our Women's Health Series at the San Lorenzo and Fremont Alameda County Libraries. Workshops are led by Kaiser Permanente Physicians and Health Education Experts:

- Breast Cancer Awareness – Learn how to reduce your risk for Breast Cancer, be more Breast Self-Aware and understand the new recommendations for screenings
- Managing Symptoms of Menopause - Maintain physical closeness in your relationships, learn about the pros and cons of hormone therapy and herbal remedies
- Improving Your Sleep – Helpful tips on how to fall asleep quicker, sleep more soundly, and awaken feeling refreshed.



San Lorenzo Library

Wednesday evenings, 6:30- 7:30pm

7/17: Managing Symptoms of Menopause

7/24: Improving Your Sleep

7/31: Breast Cancer Awareness

Fremont Main Library

Thursday evenings, 6:30- 7:30pm

7/18: Managing Symptoms of Menopause

7/25: Breast Cancer Awareness

8/1: Improving Your Sleep

Join us for one or all of the sessions