



Time to Re-negotiate Life's Journey

Saturday, March 10,
9:30 am to 2:00 pm

Midlife & Menopause: The Hidden Gifts

Nancy Siskowic, RN, MSN, NP
and Linda Schultz, PhD



Hormonal fluctuations and decline can propel women into a new stage of life: a time of crisis – a time of grace. Midlife issues invite us to reflect and re-negotiate life's journey - its losses and its invitations to new growth. Today will focus on menopausal symptoms, your physical and emotional health, the role of bio-identical hormones, and guide you in a process through the spiritual and emotional terrain of midlife change.

Nancy Siskowic is a nurse practitioner in women's health and in mental health, a nationally certified menopause clinician, and a spiritual director.

Linda Schultz holds an MA in Pastoral Theology and a PhD in Depth Psychology. She is a spiritual director, supervisor, and educator, and facilitates workshops and retreats on a variety of spiritual topics.

To register, contact Irma at (310) 377-4867 x234 or email at imanley@maryjoseph.org
Cost: \$45 (\$40 if paid in full by March 2) Lunch included.

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