

---

# The Paradoxes of PERIMENOPAUSE: Surviving and Thriving



Many women find symptoms of perimenopause such as heavy flow, night sweat, sleep disturbances, decreases in sexual interest and energy challenging. In this talk, Dr. Jerilynn Prior will discuss the changes of perimenopause, how to understand them, what we can do to better cope and in the end survive “estrogen’s storm season.”

**April 18, 2016 Tuesday 6:30-8:00 pm**

**Richmond Public Library Brighthouse Branch**

100—7700 Minoru Gate, Community Place Room

---



Dr. Jerilynn C. Prior BA, MD, FRCPC, ABIM, ABEM is a Professor of Endocrinology and Metabolism at UBC. She is the founder (2002) and Scientific Director of the Centre for Menstrual Cycle and Ovulation Research (CeMCOR). Autographed copies of Dr. Prior’s award-winning book *Estrogen's Storm Season: Stories of Perimenopause* will be available (\$20) with proceeds going to CeMCOR.

To register, visit

[www.yourlibrary.ca/events](http://www.yourlibrary.ca/events),  
call 604-231-6413, or visit any  
RPL branch.



**Richmond  
Public Library**