

Please join us for our

# 2011 Distinguished Speaker Series

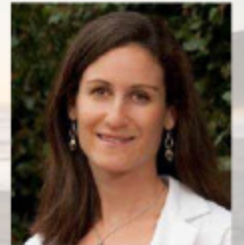
Presented by Scripps Health Foundation and partner La Costa Glen retirement community



THURSDAY

July 28

**MENOPAUSE: ALTERNATIVES  
TO HORMONE REPLACEMENT THERAPY**



**Danielle Weiss, MD**

*American Board of Internal Medicine,  
Endocrinology, Diabetes & Metabolism  
Scripps Memorial Hospital Encinitas*



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## 2011 Distinguished Speaker Series

Presented by Scripps Health Foundation and community partner La Costa Glen

### Menopause: Alternatives to Hormone Replacement Therapy

July 28, 2011

Menopause is a natural part of a woman's life - with more than 70 percent of women experiencing symptoms. Join Danielle Weiss, MD, for the latest information on alternatives to hormone replacement therapy, complimentary approaches, and non-hormonal pharmaceuticals and treatment options. Also, learn how lifestyle changes, combined with diet and supplements can benefit you by alleviate unpleasant symptoms and improve the quality of your life.

4:30 – 5:30 p.m.

Reception at 4 p.m. – hors d'oeuvres

**RANCHO SANTA FE GARDEN CLUB**

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