

**Do what
makes your
heart
healthy**



International IMS
Menopause Society
Promoting education and research on midlife women's health

Heart Health Matters

While menopause is a perfectly natural occurrence, hormonal changes and other changes can lead to heart disease. Reduce your risk factors; a happy heart is a healthy heart.

For further information visit www.imsociety.org

**International Menopause Society, PO Box 751, Cornwall TR2 4WD
Tel: +44 01726 884 221 Email: leetomkinsims@btinternet.com**