



**Maintaining
health and
preventing
disease
after the
menopause**

Make lifestyle changes today for a healthier life tomorrow

After menopause the probability of developing chronic diseases increases. Prevention is the key; managing your lifestyle will lower the risks and will enhance quality of life.

For further information visit www.imsociety.org



International Menopause Society

promoting education and research on all aspects of adult women's health

www.imsociety.org

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