



Monday, November 11, 2002

Hormone replacement therapy seminar set

Oakland University's **Meadow Brook Health Enhancement Institute** (MBHEI) in partnership with St. John Health and Providence Hospital is hosting "Hormone Replacement Therapy and Women's Health: How to Live Healthy" on Wednesday, Nov. 13, from 11 a.m. to 1 p.m. at Shotwell-Gustafson Pavilion.

"With all of the conflicting reports and information regarding women's health issues and HRT in particular that have been reported recently, it is important for women to have an opportunity to have their questions answered, as well as find out about the most recent developments," said Patricia Brooks, M.D, medical director for MBHEI. "This seminar will provide a comfortable atmosphere where questions will be encouraged."

The seminar – presented by some of the areas most respected medical professionals – will answer questions on Hormone Replacement Therapy and how women can develop a plan for wellness and healthy living.

Topics include current research on HRT, alternatives to HRT and weaning off HRT as well as information on mental health issues, nutrition, exercise and weight control.

The program will conclude with a panel discussion, and the presenters will answer any questions.

Sponsored by The Oakland Press and Providence Hospital, the program is free, however, reservations are encouraged. Refreshments will be provided.

To RSVP or for more information, call **Meadow Brook Health Enhancement Institute** at (248) 370-3198.

SUMMARY

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