

P A V I N G

**A WOMAN'S PATH THROUGH
MENOPAUSE AND BEYOND**



*Achieving
a Healthier Body,
a More Peaceful
Mind, and a More
Joyful Heart*

**Michelle Tollefson, MD
Beth Frates, MD
Amy Comander, MD**

While Pabing Through

SA Adler



While Pabing Through:

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