

# Lecture about women's health issues

Allison Steinmetz with Barton Internal Medicine, will talk about women's health issues Oct. 26 from 6:30-7:30pm at Lake Tahoe Community College, 1 College Drive, South Lake Tahoe.

Steinmetz will discuss perimenopause, which is the process of change that leads up to menopause. She also will provide the different remedy options, both natural and hormonal for menopause which is a natural part of growing older for women.

For more information, call (530) 543.5656.