

# Perimenopause subject of health talk

The next 2011 Barton Health & Wellness Lecture is Oct. 26 from 6:30 to 7:30pm with Allison Steinmetz from Barton Internal Medicine.

The free event is at Lake Tahoe Community College's board room, 1 College Drive, South Lake Tahoe.

The doctor will discuss perimenopause, which is the process of change that leads up to menopause. She will provide remedy options, natural and hormonal for menopause. Steinmetz believes if women know what to expect, it can ease them into this new phase of life.

For more information, call (530) 543.5656.