



2nd MIIA ZOOM Book Club 2025

Monday, March 10, 2025
4:00-4:45 pm, ZOOM Meeting

Free program open to all employees and spouses.

Are you interested in reading a book that aims to help women navigate menopause with knowledge and empowerment?

If the answer is yes, the 2nd MIIA book club book is based on scientific research, is sprinkled with personal stories, and includes strategies to help manage symptoms during this life stage.

The book covers a range of topics and practical tips, including:

- What is peri, meno and post menopause
- Risks associated with a natural drop in estrogen production, such as diabetes, dementia, Alzheimer's, osteoporosis, cardiovascular disease, and weight gain
- What is hormone replacement therapy (HRT) and up to date research on benefits/risks and timing for HRT
- A toolkit to look up specific symptoms and find information about them

The book is full of information for women and those who want to know all there is to know about menopause in a digestible form.

Read *The New Menopause* by Dr. Mary Claire Haver and meet on zoom for a Book Club discussion on Monday, March 10th from 4:00-4:45 pm. There is a max of 20 participants and you will be sent the book once registered.

Registration: Please register with Mary Harrington by December 16th at mharrington@mma.org or 617-426-7272 x278. Preference will be given to MIIA/Blue Cross members when space is an issue. Please let Mary know if you are a MIIA/Blue Cross member. Subscribers and non subscribers welcomed. Class size is limited to 20. One book per household. Mary will ask for your address and once the attendance list is determined, books will be sent out.