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Family Connections Centers

San Francisco Department of Early Childhood

Aprendiendo acerca de la Menopausia

Learning About Menopause

En este taller participantes tendra la oportunidad de hablar abiertamente sobre la menopausia ayuda a comprender que es una etapa natural de la vida, facilitando el reconocimiento de sus síntomas y su manejo oportuno. Además, promueve la prevención de enfermedades como la osteoporosis y las cardiovasculares mediante chequeos médicos y hábitos saludables. También fomenta el apoyo del entorno y contribuye a eliminar mitos, permitiendo vivir esta transición con bienestar y calidad de vida.

In this workshop, participants will talk openly about menopause, helping to normalize it as a natural stage of life, making it easier to recognize its symptoms and manage them appropriately. It also promotes the prevention of conditions such as osteoporosis and cardiovascular disease through regular medical checkups and healthier lifestyle habits. In addition, it encourages support from family, partners, and the community while helping to dispel myths, allowing women to experience this transition with greater well-being and a better quality of life.

WHEN / CÚANDO:
Tuesday / Martes, 11 am - 12 pm
7/28/2026

WHERE / DÓNDE:
Excelsior Center
5016 Mission St, SF CA 94112

LANGUAGE / IDIOMA:
Spanish / Español

TO REGISTER / PARA REGISTRARSE:
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cuidado de niños gratuito con registro

helping children and families thrive