

BROUGHT TO YOU BY ACE, CSEA & MAC



DR. MONICA VALENZUELA:

"Hot Flash 101: Your Crash Course in Not Crashing"

Join Dr. Monica Valenzuela, a gynecologist with over 20 years of experience in menopause and sexual medicine, for an engaging and empowering session that demystifies "The Change."

EVENT DATE: | **18 FEBRUARY 2026** | **2:30PM-4:30PM**

LOCATION:

21810 Main St. Grand Terrace,
CA 92313
Grand Terrace High School's
Theater

EVENT HIGHLIGHTS:

- Menopause Myths vs. Facts
- Symptom Survival Guide
- Treatment Options Explained



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LIMITED SEATING!

MAX 350!