



# 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



Scan QR Code or [CLICK HERE](#) to register

REGISTER HERE!

LIMITED SEATING!

MAX 350!