



## Menopause Nutrition Education Series

**Virtual, group classes | Second Tuesday of the month | 3 pm | Register 310-273-0040**

The UCLA GI Nutrition Program is partnering with the UCLA Comprehensive Menopause Program to offer a holistic, evidence-based, and personalized approach to care for individuals experiencing perimenopause and menopause. Nutrition counseling has been shown to alleviate menopause symptoms and help reduce related risk factors such as obesity, cardiovascular disease, and osteoporosis.

- Open to UCLA Health patients
- Women in perimenopause or menopause
- 60-minute-long video visits through MyChart
- Insurance billed – Our staff can answer your billing questions
- \$58 out-of-pocket cost if not covered by insurance
- The classes can be taken as a series, or you can join individual classes
- The series repeats every quarter

### Series 1

- January 13  
Menopause Nutrition Basics, Muscles and Weight
- February 10  
Menopause Nutrition and the Gut
- March 10  
Menopause Nutrition Bones, Brain and Heart

### Series 2

- April 14  
Menopause Nutrition Basics, Muscles and Weight
- May 12  
Menopause Nutrition and the Gut
- June 9  
Menopause Nutrition Bones, Brain and Heart

### Series 3

- July 14  
Menopause Nutrition Basics, Muscles and Weight
- August 11  
Menopause Nutrition and the Gut
- September 8  
Menopause Nutrition Bones, Brain and Heart



Presented by  
**Nancee Jaffe, MS, RDN, Registered GI Dietitian**

Nancee will lead classes designed to increase your quality of diet to promote optimal health during this phase of life.