

COMMUNITY CLASSES

with Juneau Cooperative
Extension Service



Marching Toward Menopause

Learn about strategies and lifestyle changes you can make in your 30s and 40s before or during perimenopause to enter menopause with strength and confidence. Let's reduce myths, fears, surprises, and even symptoms.

Sarah Lewis, UAF Professor of Extension for Southeast Alaska, offers information and classes that increase the resilience of our households by teaching efficient and safe uses of home, community, and natural resources.



Registration Required

Tuesday, March 10, 5:30–7:30 pm
Valley Library

Thursday, March 12, 5:30–7:30 pm
Downtown Library



Questions? Contact 907-586-0442 or Elizabeth.Pisel-Davis@juneau.org

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