



Upcoming Events

To Register For Any Event Call (920) 339-5252

APRIL						
SUN	MON	TUES	WED	THR	FRI	SAT
					1	2
			6:30 pm			
3	4	5		7	8	9
					8:30 am	
10	11	12	13	14		16
			6:30 pm			
17	18	19	20	21	22	23
				6:30 pm		
24	25	26	27	28	29	30



Randi Mann presents her comprehensive introductory seminar: *What Wise Women Know - Balanced Hormones Are Key to Feeling Great! Options to Help You Feel Your Best Through Midlife and Beyond.* (2 hours. Cost \$25.00)



Natural Options Learning Series
April's Topic: Sleep Difficulties.
Is insomnia affecting your daily life? Sleeping well is critical for good health. If you are not getting restful sleep come and learn about natural options that can help you get more zzz's! Presented by Randi Mann, NP. (1 hour. Cost: \$25.00)

Sex During Later Life!

Think of it as a New Beginning for your Relationship.

Please allow me to tell you a story about something that I received from a patient's husband recently. I have been a Women's Health Nurse Practitioner for over eighteen years and have loved sharing the journey with my patients as we all get older and hopefully wiser. Recently I was surprised to receive a gift and a card from a man whom I have not met. I have cared for his 57 year old wife for the past several years and really enjoy our appointments together. She is a delightful person and now I know her husband is as well. I hope by sharing the card's message (with the sender's permission, excluding his name) that it may help other couples who have stopped being sexually active due to loss of libido, vaginal dryness and painful intercourse to seek help. The card read as follows:

Thanks to your kindness, sensitivity and skill those days are over!

Dear Randi,

We don't even know each other and yet you have had a wonderfully positive impact on my life. My wife, S. and I have been married for more than 32 years. Intimacy has always been an important part of our marriage. Over the past few years "certain female issues" have made a segment of that intimacy no longer possible. Thanks to your kindness, sensitivity and skill those days are over! We are so appreciative of all that you have done. Please accept this small gift as a token of our appreciation. Every time you see it, please think of how you can help others!

Thank you!

C. D. , Green Bay, WI

- Continued on page 2

About Our Seminars

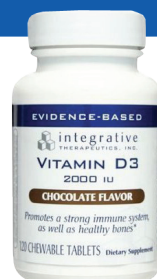
At Wise Woman Wellness, we believe that knowledge and education is a powerful ally in the pursuit of living a happy, healthy and balanced life. That is why we provide ongoing seminars, classes and workshops on topics that are critical to your health and well-being.

What Wise Women Know - Balanced Hormones Are Key to Feeling Great! Options to Help You Feel Your Best Through Midlife and Beyond. - This 2 hour seminar is presented three times a month by Menopause Expert Randi Mann, NP. This is a great introduction to the Wise Woman Wellness philosophy of practice and a thorough look at hormones and the role they play in our health and happiness as we age. Cost is \$25.00 and if you bring a friend, you each only pay \$20.00.

Natural Options Learning Series

Presented once a month, this series offers expert advice on health conditions with a focus on natural, (non-prescription drug) treatments and lifestyle interventions. Presenters, topics and cost varies.

Vitamin D3 2000 IU Stock Up SALE!



Chocolate chewable tablets 120 ea. bottle (4 month supply)
 - on sale \$25.00 each - reg. price \$29.90 - save \$4.90 each!
 - or Buy 3 and get 4th one free - \$119.60 value for \$75.00!

Expires in 2012 so you can purchase a year's supply or more without worry. Anyone over age 12 should be on this very important vitamin.

What People Are Saying About Wise Woman Wellness!

"My PMS was getting so bad I could hardly stand myself for 2 weeks each month. Once I started on bioidentical Progesterone and PMS vitamins my symptoms lessened each month. By my 3rd period after starting it I could hardly tell that my period was coming. I love my new vitamins and Progesterone as they have taken my horrible periods away!"

Alyssa, age 25, Wausau

"I am very glad I attended the introductory seminar. I think every woman needs to hear what Randi teaches. She is so knowledgeable and entertaining. I thought I knew a lot already about perimenopause and menopause but she taught me so much more. I can't say enough good things about her and what she has done to help women."

Katie, age 44, Appleton

"I am a nurse and thought I knew it all. Randi offered me new ideas on how to deal with my health concerns than just treat my symptoms. She helped to get to the cause of my anxiety and insomnia - things like my hormones being out of whack, poor diet and too much stress. She helped me understand how everything is connected and what I can do about it. Go see her. You will be very glad you did!"

Debbie, age 50, Sturgeon Bay

"My menopause symptoms were not well controlled on synthetic hormones plus I worried about the risks. Then I learned we have a bioidentical hormone expert right here in De Pere. Randi tested my hormone levels and put me on bioidentical hormones that were made just for me. I am glad I found her and recommend to anyone who will listen to see Randi for help!"

Sue, age 53, De Pere

Along with the card was a beautiful carved figurine of a couple in a loving embrace. I was reminded that every life we touch is like ripples spreading out from a pebble thrown into a pond and with treating one woman it helped her husband as well.

In my practice I see couples who are learning to deal with the sexual health changes that happen naturally as we age. Just because you and your partner are getting older doesn't mean that you can't have a fun and rewarding sex life. With less pressure such as child care and pregnancy now is the time to explore the adventure in your sex life. Despite what many may think, you are never too old for sex - as long as your body is willing.

Physical Changes:

As women age, the vagina shortens and narrows and vaginal lubrication may decrease. Using a water soluble lubricant such as Liquid Silk is very helpful. Changes in sex drive are normal for many women as well and there are several supplements and herbal products as well as testosterone therapy to try to improve libido. We offer women a treatment plan for vaginal rejuvenation if a woman wishes to resume sexual activity after a long period of inactivity.

I recommend you make good physical health a priority which includes healthy eating, daily exercise and seek help from a professional such as your nurse practitioner, physician and physician assistant if you and your partner are not experiencing a fulfilling sex life. If you are not feeling your best please seek answers and proper guidance for management of your hormone related symptoms and individual needs. Choose a knowledgeable provider who specializes in midlife care for women and is certified through the North American Menopause Society (NAMS) if possible.

Readers are invited to attend Wise Woman Wellness' introductory seminar entitled "What Wise Woman Know...Balanced Hormones are Key to Feeling Great. Learn About Options to Feel Your Best Through Midlife and Beyond". The seminar is several times offered monthly. Attendees receive a wealth of information with handouts plus a coupon valid for your first month of low dose, customized, bioidentical hormones free (up to a \$75.00 value). Join us to learn more about hormone level testing, midlife health and wellness and the many natural options for improved sexual health and menopausal symptom management. And above all....remember remaining sexually active in later life is a great way to feel close to your partner and helps to keep you feeling young and vibrant!

By Randi Mann, NP

Your supplements delivered directly to your door!

Don't make a special trip... just give us a call and we'll have your supplements shipped to you the next business day...or sooner!

shipping and handling charges apply



Call Today! (920) 339-5252

Find us on
Facebook!



Sign up for our e-newsletter!

You'll also receive announcements on upcoming events and specials from Wise Woman Wellness.

Simply email your name to:

rene@wisewomanwellnessllc.com

and put "e-newsletter" in the subject line.