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**October 23rd 2019: Understanding the M word -
Menopause**

What are your views about menopause? Do you fear this transition in your life? Are you comfortable talking about it? Join Dr. Patel as she interviews Dr. Ariana Sholes-Douglas to find out how we can shift our focus on how we view menopause. Let's change our perspective so we can see menopause as one of the best times of life and not something to be feared. Let's get rid of the myths associated with this phase and start enjoying every moment of life. Join us!



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Featured Guest



Dr. Ariana Sholes-Douglas

Dr. Arianna Sholes-Douglas, author of *The Menopause Myth*, is the founder of Tula Wellness Center, a unique medical practice in Tucson, Ariz., focusing on women's health and beauty. Sholes-Douglas is board certified in obstetrics, gynecology and maternal-fetal medicine and has been practicing for over two decades. She specializes in integrative women's health.

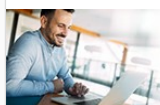
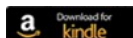
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