

## Women's Focus Event Coming to Sabetha

The public is invited to attend a presentation “The Magical Years. Physical and Mental Health in Peri-menopausal and Menopausal Women” on Monday night, April 28th, 6:30-8:30 p.m. at Community National Bank’s Community Room, 15 East Main Street in Sabetha.

Over 60 million women are of peri-and/or menopausal age (35-60 years). Most women gain information by immersing themselves in lay press magazines and self-help books, but rarely do those resources help clarify their confusion about the issue. Join a nurse, Barbara Wiman, RN, BSN and Susan Crain Lewis, MSSW for discussion of the changing nature of women’s needs as she experiences peri-menopause and menopause. It is the goal of the program to promote respectful decision making and emphasize mid-life health that allows women to focus on both strengths and health risk factors.

Barbara Wiman, President of B.E. Education Group in Olathe, has spent 40 years in the nursing profession. She is actively involved in women’s health education programs to nurses and health care professionals.

Susan Crain Lewis is President/CEO of Mental Health of America of the Heartland. She has 25 years experience in program development and is Adjunct Professor at the University of Kansas School of Social Work.

NAMI Pony Express (National Alliance on Mental Illness) serving Brown, Nemaha and Doniphan Counties is co-sponsoring this program with Sabetha Community Hospital. Two hours of CEU’s will be offered for nursing and social work professionals. For more information on CEU’s contact 785-284-2121 ext. 580. This is the first of three programs Pony Express will sponsor in 2014 providing education and support about mental health issues. There is no cost for the public to attend, however to assist in planning, please call 785-288-1873. See [www.nami.org](http://www.nami.org) or [www.namikansas.org](http://www.namikansas.org) for information about mental disorders.