

# “Is it hot in here, or is it just you?” with



A hot flash. A mood swing. A little leakage when you laugh. There are fifty million women across North America approaching or experiencing menopause, yet so many are hesitant to talk about this very normal life stage.

Eight in 10 women say it's time to change the way society thinks about menopause. That's why Poise introduced a new line of wellness products, including roll-on cooling gel and towelettes, panty fresheners, a lubricant and a feminine wash designed to help women approach menopause with confidence.



Poise has also created a forum to talk about it with an online destination for all things menopause: [www.The2ndTalk.com](http://www.The2ndTalk.com) is the go-to resource for women in this life stage.



To view this informative program “Is it hot in here, or is it just you?” about menopause with Poise, visit: [www.betterlivingtv.ca/2ndTalk](http://www.betterlivingtv.ca/2ndTalk)

For more information about a whole new way to approach menopause, visit: [www.The2ndTalk.com](http://www.The2ndTalk.com)  
[www.Poise.com](http://www.Poise.com)





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This program is part of our Canadian Better Living series.  
Our goal is to help people like you make more informed choices  
when it comes to managing your health.

If you have any non-medical questions or comments, email [info@cegedu.com](mailto:info@cegedu.com)