



# Networking

www.fresnowomensnetwork.org

Vol. XVIII, November 2003

## Calendar

November 11, 2003  
Network Luncheon  
Natural Hormones Made Easy  
Dr. Helen Pensanti  
11:30 a.m. to 1:00 p.m.  
Piccadilly Inn University  
SWC of Shaw & Cedar Avenues

December 9, 2003  
Network Luncheon  
Entertainment by "Checkmate"  
Performing: Girl Groups of the 60's  
11:30 a.m. to 1:00 p.m.  
Roger Rocka's Music Hall  
Tower District - Wishon & Olive

January 13, 2004  
Network Luncheon  
10 Simple Steps to Financial Security  
Jim Morgenstern  
11:30 a.m. to 1:00 p.m.  
(location to be announced)

VISA and MasterCard accepted for all Network events. Unless noted, additional information for these events, including membership, can be obtained by contacting the Network office at: (559) 450-2102  
www.fresnowomensnetwork.org

## RESERVATIONS & PAYMENT FOR NOV. LUNCHEON-DUE NOV. 6

\$15 members/first time guests - \$20 non-members  
Register on-line with credit card at:  
www.fresnowomensnetwork.org  
or  
Mail check to:  
Fresno Women's Network  
P.O. Box 27500  
Fresno, CA 93729-7500

## Featured Speaker

Is the negative and confusing press about traditional hormone therapies giving you hot flashes? Shock waves swept through the medical community just last year when a scientific study by the National Institutes for Health on synthetic hormone replacement therapy was halted because they found that synthetic estrogen/progestin therapy resulted in 41% increased risk of stroke, 29% increased risk of heart attack, 26% increased risk of breast cancer, and a doubled rate of blood clots in the legs and lungs.

More concerned? Join us in November for another great speaker sharing information about a critical women's health topic - hormone therapy.

This month's featured speaker will be Women's Health Advocate Helen Pensanti, M.D. An advocate for women's health for 23 years, and a television and radio personality for 18, Doctor Pensanti is a specialist in natural phyto-hormone therapy. For many years she had the largest PMS clinic in southern California. As her patient population began to age and develop symptoms of perimenopause, menopause, and osteoporosis, Doctor Pensanti recognized that she could not continue recommending synthetic hormones.

Her research led her to natural alternatives for her patient's symptoms. With Dr. John R. Lee as her mentor, she discovered the multiple roles of Natural Progesterone in the treatment of women's PMS and menopausal symptoms as well as its role in the prevention of osteoporosis.



Doctor Pensanti has traveled extensively speaking to women about the benefits of Natural Phyto-Progesterone. She is the host of the popular, national television program "Doctor-to-Doctor." Additionally, she continues her extensive research in the field of natural phyto-hormones and natural products and is actively devoted to educating women about the risks involved with using synthetic hormones. She also maintains an informative and up-to-date website and offers free educational materials to women.

Don't forget! At the November luncheon we will be continuing our "Community Connection" by collecting suitcases, backpacks, and other travel bags for children who are displaced from their homes. For more information about Kases for Kids, see the article inside this issue!