

FLEMINGTON, N.J.— Women's health is in the forefront today more than ever. Healthy living for women will be based on disease prevention and minimizing the effects of chronic diseases when they develop. Rutgers Cooperative Extension will present a two-part mini-series on

women's health, "Healthy Guidelines for Women."

The first part "Transitional Years" will be presented by Dr. Corrado Altomare of the Women's Health Center of Hunterdon County in Flemington. Dr. Altomare will discuss important health topics facing women today. Particip-

ants will hear the latest information on cancer screening, osteoporosis, infertility, hormone replacement therapy, endometriosis.

The second part "Super Nutrition for Women" presented by Kathleen Klotzbach, interim home economist, will address the impor-

tant nutritional issues facing women as they go about their busy lives. Attention to proper diet, exercise, and lifestyle changes will make the transition into mid-life easier. Topics such as Yo-Yo Dieting, the calcium connection, "female minerals," "women and sugar" will be discussed.

The two-part program will

begin on Thursday, March 23 and 30, 7-9 p.m. at the Rutgers Cooperative Extension Center, Route 31, Flemington. Those interested may attend one or both sessions. The fee for the series is \$5 or \$3 for one program. Pre-registration is required. Please phone 908-788-1342 for further information and registration.

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