

VACEducationalSeries

Free healthy lectures for the Vail community!

Bioidentical Hormone Therapy

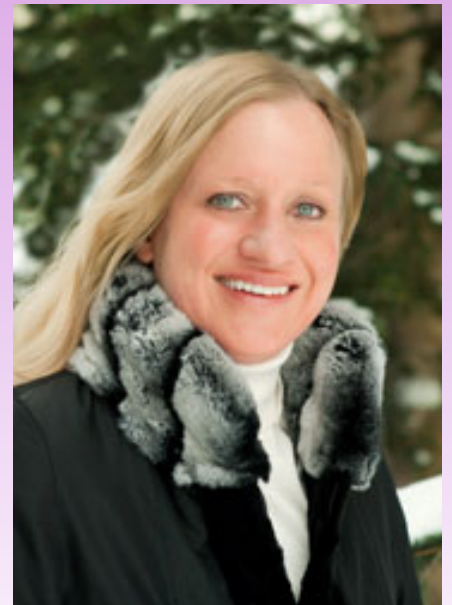
Friday, March 26, 5:45—6:45 pm

Are you experiencing the symptoms of menopause or andropause (the male menopause)? Looking to put an end to hot flashes, night sweats, memory loss, mood swings, weight gain, low libido, decreased muscle mass, and hair loss? Join Dr. Heidi Archer for a discussion of bioidentical hormones and their treatment of menopause and andropause. We will also briefly cover adrenal fatigue, thyroid deficiency, and growth hormone deficiency. Participants will learn how to be tested and treated for these deficiencies, and how to replenish the hormones their bodies need to function as we age.

Dr. Heidi Archer, M.D.

Dr. Heidi Archer integrates bioidentical hormone therapy with customized nutrition and fitness programs to help men and women find relief from symptoms of hormone imbalance. Dr. Archer dedicates her practice to providing her patients all the benefits of preventive medicine, anti-aging and wellness. Her preventive medical approach optimizes fitness level, body mass index/body weight, and overall well-being by balancing the hormones your body needs to function. Treatment of hormone imbalance puts an end to suffering the symptoms and effects of early menopause, menopause, andropause (the male menopause), hypothyroidism, and stress-induced adrenal fatigue.

Dr. Archer owns and practices with BodyLogicMD and is thrilled to have the first BodyLogicMD practice in Colorado at The Vitality Center at Vail Mountain Lodge. Dr. Archer is board certified by the American Academy of Physical Medicine and Rehabilitation and is an active member of the American Academy of Anti-Aging and a member of the Fellowship for Anti-Aging and Functional Medicine. She graduated from Georgetown University School of Medicine in 1991; completed her intern year in Internal Medicine at George Washington University; then trained in Physical Medicine and Rehabilitation at the National Rehabilitation Hospital, serving as Chief Resident at this nationally acclaimed facility. Her peers have honored her for multiple years as one of the best in her field by *Washingtonian* Magazine's Top Doctors issue.



Free climbing for kids on our indoor wall during the lecture!

Please call in advance to register for climbing. 970/476-7960



VAIL ATHLETIC CLUB

Located within the Vail Mountain Lodge & Spa
352 East Meadow Drive, Vail Village
970/476-7960 - www.VailAthleticClub.com