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My Dear Companions,

It's time for me to put away the Women Of A Certain Age sign. December 27, 2017 will be my last day of work.

In a perfect world, I would lightly step aside and someone else who already knew you all would step forward and carry on with women's primary care at midlife.

Alas, this real world —

Over the time of our connection we have worked together to stabilize the health issues that first connected us. Your task now is to carry on with the self knowledge and self care you have worked hard to obtain. So I have some suggestions.

Go to my website and check out under "My Take" how to choose a health provider. When you go to your consultation, bring your most recent hormone profile and prescription containers. The new provider can then easily renew your meds while getting to know you, and decide whether you need changes in your formula.

Kristin at Missoula Pharmacy and I will continue to work together to smooth out any bumps in the transition.

I hold dear our times together and all I have learned from you. You have my best wishes as you move forward in your life.