

# Reconnect, Recap & Reignite:

## THE MENOPAUSE REUNION

...Because the conversation doesn't end at week six...

You're invited — and so is your plus-one!  
Join Heather Hough, Brittany Huey, and their special guest  
Laura Kutys, MS, LPC-S, CST-S, for a special **2-hour**  
reunion workshop for past participants of our Menopause Series  
and their spouses/partners.

♥ If you haven't been able to join in for the 6 week series,  
this is your chance to attend a condensed version with an added bonus!

### WHAT TO EXPECT



#### A RECAP

A recap of everything  
you learned over  
your 6 weeks  
with us



#### EXPERT INSIGHTS

A Licensed  
Professional Counselor  
(LPC) joining us to  
discuss how peri/  
menopause influences  
desire and arousal  
including:



#### PRACTICAL SOLUTIONS

Practical solutions,  
tips & tricks



#### TOGETHER STRONGER

Psychoeducation  
for both partners on  
what healthy  
functioning really  
looks like



**FRIDAY,  
OCTOBER 23, 2026**



**1:00 – 3:00 P.M.**



**FOX ARMY HEALTH CENTER:  
THE FOX DEN**

4100 Goss Road  
Redstone Arsenal, AL 35809  
(check in at PCC, take the elevator  
to B, turn right, and you will see  
"The Fox Den" on the right)



**CONTACT  
HEATHER HOUGH:**  
256-955-8888, ext. 1294

Bring your  
partner.  
Bring your  
questions.  
Let's keep the  
conversation  
going...

**LIMITED SPOTS AVAILABLE! RSVP ON/BEFORE  
MONDAY, OCTOBER 19 BY 4:00 P.M.**

*You've got questions. ♥ We've got answers.*