

Reclaiming Sexual Desire

A mindfulness group for women

Every sex drive is different. But if your lack of desire is affecting your well-being, the Menopause and Sexual Medicine Program has a new group therapy that could help.

The eight-week mindfulness-based cognitive behavior therapy program is for women 40+ who want to increase their desire. Participants will learn techniques to rekindle their body's natural sex response cycle and deepen their intimate relationships.

Facilitated by: Catherine Polan Orzech, LMFT, and Maegan Megginson LMFT, CST

Attend an orientation:

**Thursday, Jan. 10 or
Thursday, Jan. 17
5 p.m. - 6:30 p.m.**

The group will meet weekly Jan. 24 through March 14 from 5 p.m. to 7:15 p.m.

Kohler Pavilion, Center for Women's Health
808 SW Campus Drive
Portland, OR 97239

To register, please call the Center for Women's Health at **503-418-4500**.

www.ohsuwomenshealth.com

Request reasonable accommodation for this event at 503 494-2834 or hsmktg@ohsu.edu.

