

The OT Mayors Wellness Campaign Presents...

MENTAL HEALTH BOOK CLUB



TUESDAY, MAY 12
7pm - 8pm



OLD TAPPAN LIBRARY
56 Russell Avenue



Book

Hormone Havoc

by

Amy Shah, MD

Discussion will be led by
Mr. Brian Greco, Clinical Social
Worker/Therapist and
Dr. Rubina Bhatia

[Click here to sign-up](#)

HORMONE HAVOC

A SCIENCE-BACKED
PROTOCOL FOR
PERIMENOPAUSE
& MENOPAUSE

AMY SHAH, MD

AUTHOR OF I'M SO EFFING TIRED

Even if you have not read the book, feel free to join our general discussion on mental health!
Residents of all towns are welcome!