



BY *Your*  
SIDE

Your life is a roller coaster.

With all of life's twists and turns, you never know what's around the corner. From the unpredictable beginning of youth, to starting a family and into your golden years, Avera is here to support you on your bumpy, hormonal ride. At every turn, whether it's unwanted acne, surprising weight gain, bewildering stretch marks or crazy hot flashes, we're by your side.

**Avera** 

[Avera.org/womenshealth](http://Avera.org/womenshealth)