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PAUKTUUTIT
INUIT WOMEN OF CANADA
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Celebrate and embrace the changes that life offers!

If you have any questions or would like to know more, see your health care provider.

As we move through life, we can have different feelings as things change. Accepting change is to move forward.

Some changes may be difficult but we do not have to feel alone. Talk to someone you trust.

Looking after our own health and wellbeing is also part of looking after those we love.