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While every menopause story is unique, hot flashes are a regularly cited side effect for many women.

@LorraineCLadish is one of them and that's why we are so excited to have her as our partner on the "Live Hot Stay Cool" campaign. Join her in sharing your menopause experience and through the end of October you can WIN a 3-month supply of EQUELLE to try for yourself!

• Rules: Share your menopause story in a tagged post using #LiveHotStayCool



38 likes

October 3, 2019



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a tagged post using [#LiveHotStayCool](#) and [#EquelleSweepstakes](#)

- One winner will be randomly selected and notified by DM every Friday in October. Giveaway starts today! No Purchase Necessary.

- This giveaway is in no way sponsored, administered or associated with Instagram. By entering, entrants confirm they are US residents 18+ years of age and release Instagram of responsibility. Ends 11:59 PM PST on 11/1/2019 . Void where prohibited.



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