

Help the refugees

If you move around the world by choice, consider helping those forced from their homes by conflict. Donate to the UN Refugee Agency today.

## Reference

[BEGINNER'S VISUAL STUDY GUIDE: CCRP EXAM: SOCRA CERTIFICATION](#)

[Estrogen Matters: Why Taking Hormones in Menopause Can Improve Women's Well-Being and Lengthen Their Lives -- Without Raising the Risk of Breast Cancer](#)