

Women's Natural Health Series

Weekly Round Table Discussion

Thursdays in October, 7:30 to 10 p.m.

Two Health Assessments & Webinars



TAKE CHARGE OF YOUR HEALTH

The 21st century woman is capable of balancing career, family & community activities; however, when **stress or unresolved emotional issues** enter the picture, **hormonal imbalances take hold** and the symptoms created affect quality of life.

Women's hormones fluctuate on the basis of age, nutritional status, lifestyle and hereditary, toxicity and stress. **Thankfully, Natural Medicine has so much to offer to support typical health challenges, like underactive thyroid or depleted adrenals.** Besides botanical medicine, herbs, nutrition, cell detoxification and lifestyle changes, women are also benefitting from bioidentical hormones. We are happy to announce that one of our **guest speakers** will be a **compounding pharmacist** who will talk about alternatives to HRT or hysterectomy.

We are confident that you will agree that having a health assessment to gain some insights into what exactly is going on behind the scenes with problems such as fatigue; depression or anxiety; P.M.S. or hot flashes; hormonal headaches; etc. is a very sound approach. We are happy to include **two assessments** in our Women's Health program: **W.I.S.E. Nutritional and Acupuncture Meridian Imaging.**

It is important to attend the **first** of four Thursday classes on **Oct. 8th** at **Old East Studio**, 755 Dundas St. to review the results of the assessments noted above. After that; however, don't worry if you miss a class because our presentations will be available through a live or recorded Webinar. All of this for the **great low price of \$65**. Still not sure? Join us for a **free introductory session** on Sept. 30th or Oct. 1st!

To register, please email luczak@rogers.com or call 519 680-2884.

Payment by cheque, credit card or email money transfer – ask for details.

www.waytotonutrition.com