

Webinar: Thrive Through Peri-Menopause: Game-Changing Tips for a Vibrant Body

Monday 4th
November 2024
1.00pm

Join us for an engaging, practical, and supportive session designed to help you feel more energized, balanced, and in control during this important stage of life!

**Speaker: Juliet Greenhalgh,
Registered Associate
Nutritionist**

Whether you're approaching this stage of life or currently experiencing it, this discussion will provide invaluable insights to help you thrive during perimenopause and menopause.

In this **FREE 60-minute webinar**, you'll discover:

- Simple nutrition tips to support hormone balance
- Effective, gentle exercises to improve energy and strength
- Stress management techniques to reduce anxiety and improve mood
- Sleep hacks for better rest and rejuvenation
- The power of community to keep you motivated and on track



To book your place scan the QR code



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