

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

Monday 21st  
October 2024  
1.00pm

Speaker: Juliet Greenhalgh,  
Registered Associate  
Nutritionist

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!

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 email -  
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