

# What the fog?

## Welcome to the Perimenopause-Menopause Transition



## Back by popular demand!

This program is a must for all mid-life women:

- ✓ Understand your changing body
- ✓ Get the facts on HRT
- ✓ Learn a holistic approach
- ✓ Say goodbye to symptoms (waistlines included)
- ✓ Say hello to healthy ageing
- ✓ Join a fun and supportive group of women

## Book now to secure your spot

### DATES

Wednesdays, 7pm - 8:30pm  
24 July, 31 July, 7 August, 14 August

### LOCATION

PhysioSports Brighton, 429 Nepean Hwy, Brighton, VIC, 3186

### WHAT

Weekly 1.5 hour sessions for four weeks

**WEEK 1:** Significance (Beyond fertility)

**WEEK 2:** Necessary nutrition

**WEEK 3:** Microbiome, liver and bone health

**WEEK 4:** Exercise and lifestyle

### PRICE

\$199

### REGISTER

[www.events.humanitix.com/nourishing-menopause](http://www.events.humanitix.com/nourishing-menopause)



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Book now!