



**Please Join Us in Celebrating Good Health!**

## **NUTRITION AWARENESS VIDEO**

# **WOMEN'S HEALTH: FROM LIFE BALANCE TO HORMONE BALANCE**

### **Learn about...**

- How to bring balance, health, and happiness to life through mindfulness and optimal nutrition
- Key areas of women's health with a focus on hormonal imbalances and their effects on chronic and acute disease
- What can be done to prevent and manage such imbalances

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