



Managing the Menopause

Join me live to demystify the menopause, peri-menopause and midlife.

If you are a women in your 40s or 50s and your hormones are making you feel like an angry, irritable teenager, then this webinar will help you make sense of it all.

From mood swings and anxiety, to weight gain, low libido, hot flushes and night sweats, this webinar will help you discover how the food we eat can make all difference to our hormone balance.

Join me for this session to discover how simple changes to your diet and lifestyle can help you look and feel your very best.

Get in touch

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