



# Managing the Menopause

If you are a women in your 40s or 50s and your hormones are making you feel like an angry, irritable teenager, then this course will help you make sense of it all. In this four week course, nutritionist Jane McClenaghan will demystify the menopause and peri-menopause to give you a toolkit to help you manage your health at mid-life.

Packed with practical ideas and a step-by-step guide to help you make changes that will really make a difference to how you feel and function at peri-menopause and beyond.

**In this 4 week course, you will learn :**

- What's really happening to your hormones (and your body, mind and emotions!)
- The link between diet and hormone balance
- Essential dietary changes for mid-life and menopause
- Making sense of natural remedies and nutritional supplements

## **Get in touch**

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