**Menopausal Health**

**for**

**Vitality Workshop**

**Paula Youmell, RN**

**2-Hour Workshop**:

**Date: Tuesday, November 8th**

**Time: 5:30-7:30 PM**

***"At menarche a woman enters her power,***

***Throughout her menstruating years she practices her power,***

***At menopause she becomes her power."***

Native American Saying

**Workshop Description, Lecture and Q&A on self-care tools to navigate peri-menopause and menopausal years with ease, health, and vitality”**

* Hormonal Health & Herbs to support
* Whole food nourishment for healthy weight, balanced hormones, & supporting your whole body’s menopausal health
* Mood & energy concerns
* Maintaining healthy muscles and bones in our vibrant years

**Relax** into an acupuncture treatment, during Q&A, to balance your body’s health.

Be prepared to take notes for post class reference and Q&A.

**Workshop Tuition**: **$65**



Paula Youmell, RN, Wise Woman Nurse®

I am a NYS Licensed RN and Health & Physical Education teacher trained in Functional Medicine, Herbalism, Yoga, & Energy Medicine with 37 years of experience in Natural Health.

 www.PaulaYoumellRN.com