

Exclusive Regional Roadshow: Geelong, Perth & Sunshine Coast

Advanced Strategies for Women's Vitality: Integrating Hormonal, Microbiome and Cellular Health

**Presented by Amie Skilton,
Functional Medicine Practitioner**

CPE
points
available

Why do so many women plateau on standard perimenopause protocols, even when their bloods look “normal”?

The answer often lies deeper than hormones alone.

Join Designs for Health and Functional Medicine Practitioner Amie Skilton for an exclusive regional practitioner seminar unpacking the mechanistic links between NAD+ metabolism, mitochondrial function, and the HPO/HPA axes.

You'll learn to:

- Decode fatigue, sleep disturbance, mood changes and vasomotor symptoms through their underlying cellular and hormonal drivers.
- Address the overlooked piece: vaginal and urogenital tissue changes, altered flora and pH, and the microbiome-mucosal-hormonal connection.
- Apply a stage-appropriate, evidence-informed prescribing framework from the next day in clinic.

Limited seats. Early registration recommended.



**Limited seats available,
reserve yours today!
Scan the QR code to register.**

GEELONG Victoria

Date: Monday 14th September

Location: Rydges Geelong,
Cnr Myers & Gheringhap Street,
Geelong, Victoria

Schedule:

- 6-6:30pm Arrival/registration/
light dinner & refreshments
- 6:30-7:30pm Presentation
- 7:30pm Q&A
- 8pm Seminar ends

PERTH Western Australia

Date: Tuesday 15th September

Location: Pagoda Perth,
112 Melville Parade, Como,
Western Australia

Schedule:

- 6-6:30pm Arrival/registration/
light dinner & refreshments
- 6:30-7:30pm Presentation
- 7:30pm Q&A
- 8pm Seminar ends

SUNSHINE COAST Queensland

Date: Wednesday 23rd September

Location: Surfair Conference Centre,
Sunshine Coast, 923 David Low Way,
Marcoola, Queensland

Schedule:

- 6-6:30pm Arrival/registration/
light dinner & refreshments
- 6:30-7:30pm Presentation
- 7:30pm Q&A
- 8pm Seminar ends