

Navigating Menopause:

Evidence-based strategies for women's wellbeing



At no time in history has discussion around perimenopause and menopause been so prevalent. Women are now being empowered to share their experiences, seek help and make informed decisions about their health.

Join us for our live seminar as we explore the perimenopause and menopause transition, helping you build your knowledge and confidence to have more meaningful conversations with your customers.

Every woman's experience is unique. More than 40 symptoms have been associated with perimenopause and menopause, including cycle changes, fatigue, anxiety, irritability, a reduced ability to cope with stress, hot flushes and sleeplessness.

This seminar will introduce our new herbal heroes, PeriCare and MenoEase, specifically formulated to provide life-stage and symptom-specific relief and support women's wellbeing as they navigate the perimenopause and menopause transition.

This seminar will deep dive into the science behind clinically studied herbal extracts, SRI-81™, Affron® and FenuSmart™, along with other traditionally validated herbs to help you select the best option for every customer.

Products featured include:

Introducing



PeriCare



MenoEase



Bulgarian Tribulus Complex



Hormone Metabolism



L-Theanine 200mg



Magnesium Night



Sea Buckthorn Oil



DINNER PROVIDED



GIVE-AWAY BAGS



CPE CERTIFICATES AVAILABLE FOR 60 MINS CONTACT TIME

When

Tuesday 13th October

Where

Mantra Bunbury Lighthouse
2 Carey St, Bunbury

Time

6:30pm

Gluten-free, dairy-free, vegetarian & vegan friendly options will be available

Seminar:

7pm

The Seminar will run for 60 minutes
+ 15 minutes Q&A

RSVP

Scan the QR code to register
for this seminar by 6th October



Limited late registrations available.
Please contact:
Sharee James 0431 942 778



SPEAKER

SHAREE JAMES

WA STATE TRAINER
ADV DIP APPSC (NATUROPATHY)

Sharee is a qualified Naturopath with over 20 years of both clinical & industry experience including retail, medical sales & pharmacy.

Brought to you by

herbs of gold®