



Proud to Be a Woman

Hormonal Balance & Wellbeing

HEALTH TALK FOR
PERIMENOPAUSAL WOMEN

- 🌸 Balance Hormones Naturally
- 🌸 Boost Your Energy & Vitality
- 🌸 Expert Tips & Support



8th February | 2:30-3:30 PM



Iver Village Hall, High Street

📍 naturopathic haven



Alternative booking: Call / WhatsApp 07872 630425