

# Womankind

## Tools to Manage the Stages of Menopause

A wellness coach and a nutritional therapist come together to share their knowledge, delivering a 360° holistic approach with potential to ease menopausal symptoms.

Each professional will provide 5 realistic tools for you to take away and put into practice. Following the talk there will be an opportunity to take part in a 7 day achievement plan.

Venue: **Lympstone Village Hall  
School Hill  
Lympstone EX8 5JY**

Date: **Thursday 9th March**

Time: **7.00pm - 8.30pm**

Price: **£10 +booking fee**

Booking: **Eventbrite : 525107489637**



[www.eventbrite.co.uk/e/menopause-an-informed-talk-on-the-stages-of-menopause-tickets-525107489637](http://www.eventbrite.co.uk/e/menopause-an-informed-talk-on-the-stages-of-menopause-tickets-525107489637)

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