



Glenville

NUTRITION

CENTRES **CLINICS** COURSES



Sligo Wellness Centre Presents

Dr Marilyn Glenville PhD

Balancing Your Hormones - Naturally

Wednesday 11th March 2020

Don't miss this opportunity to come and see Dr Marilyn Glenville PhD, the UK's leading nutritionist specialising in women's health.

You will find out how to use food, vitamins and minerals to

- Increase your energy • Eliminate mood swings
- Improve your memory • Reduce stress.

Dr Glenville's talk will cover:

- ✓ Learn about the most important dietary steps that all women should know to help balance their hormones
- ✓ What to eat to balance your hormones including PMS, menopause, PCOS, fibroids and endometriosis
- ✓ The truth about soya and phytoestrogens are they good or bad for you?
- ✓ The effects of foreign oestrogens coming in from our environment, how do you recognise them and what can you do to avoid them.
- ✓ How beneficial bacteria in your digestive system balance your hormones
- ✓ What vitamins, minerals and herbs help balance your hormones naturally

**Book your
tickets
now**

Location	Date	Time	Price	Ticket Purchase
SLIGO Glasshouse Hotel	Wednesday 11th March 2020	6.45pm - 9.30pm	€20	Sligo Wellness Centre, 1 Wine St. Sligo. Phone 071 9153828 www.sligowellness.com

Book your place now!

Do not miss this opportunity to learn from the UK's leading natural health professional