

A nutrition workshop to address hormone support through diet

The workshop will incorporate practical tips on how to make the nutritional changes to support symptoms surrounding perimenopause and menopause and empower you to manage your symptoms for a positive and beneficial outcome.

Symptoms that will be addressed include:

- Hot flushes
- Night sweats
- Weight gain
- Mood swings
- Skin health
- Sleep disturbances



Tuesday 29th March - 7pm - 8.30pm

The workshop will be held at Dixon Health, 4 Kingston Square, Kingston Road, Bradford on Avon, Wilts, BA15 1FH.



The workshop will be run by **Caroline Chilton-Bates**, **Founder of Nutrizuno**, a nutrition consultancy for Private, Corporate and Sports clients.

Caroline is a registered Nutritional Therapist with an MSc in Personalised Nutrition and a Diploma in Nutritional Science.

Tickets: £20 each to include a light buffet.

Contact Caroline to book your tickets
Mob: 07860 968877 or
email: caroline@nutrizuno.com.

Please book your ticket in advance as places are limited.

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