

Hormonal Changes and Challenges

and How Essential Oils Can Support You



Did you know?

- Women going through menopause often experience irritability, excessive sweating, and low libido.
- Hormones can influence digestion, cravings, energy levels, bone health and loss of muscle mass, weight gain and distribution, and many other factors.
- Menopause is a natural phase of life that can be naturally managed through lifestyle modification.
- Some essential oils can also be beneficial to help manage symptoms of hormonal changes.

Subtle hormonal changes and associated challenges can start in the late 30s or early 40s and they catch most women by surprise. Join us for a workshop where you'll learn about the many physical, emotional and

cognitive changes of the menopause transition.

These workshops will also teach you how essential oils can help mitigate symptoms and improve your quality of life...and sex!

Address

Women on the Move
2111 Dundas St West

For more info email:

teresa@menopausd.org or rebeka@addoliving.com

Workshop: Part 1

Wednesday, February 20, 6-7:30 p.m.

TOPICS

- Irritability
- Excessive Sweating
- Fatigue
- Low libido

Cost
\$10.00

Register
<https://bit.ly/2GOJzUs>



Workshop: Part 2

Thursday, March 7, 6-7:30 p.m.

TOPICS

- Digestive Problems
- Food Cravings
- Fatigue
- Loss of Muscle Mass and Weight Gain

Cost
\$10.00

Register
<https://bit.ly/2SI8XIS>



Speakers



Teresa Isabel Dias
MenopausED

Teresa Isabel Dias is a pharmacist and after 20 years of working in community pharmacy realized there's a void in the health care system when it comes to the care and support of women in midlife, especially during the menopause transition, and she became a NAMS Certified Menopause Practitioner (NCMP) and the founder of MenopausED. Teresa provides education and support to women going through the menopause transition which can start in the early 40s.



Rebeka Ly
Addo Living

Rebeka Ly is a professional educator (B.A., M.T.) as well as a Wellness Advocate with doTERRA - an essential oil and wellness company with the most trusted and tested essential oils. She is the founder of Addo Living, a growing wellness community that encourages and inspires people to add oils to their daily lives. She is passionate about sustainable sourcing, natural products and educating people to be proactive about their health in a natural way.