## RIDING THE WAVE OF MENOPAUSE WITH OPTIMAL HEALTH.

A FREE VIRTUAL EVENT PRESENTED BY: JODI-LEE NUTRITION & WELLNESS



January 28, 2025



7:00pm-8:00 pm EST

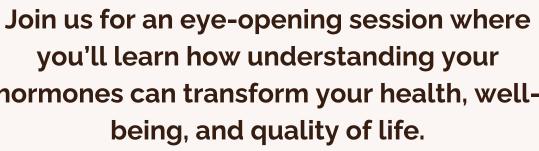
## HAVE YOU NOTICED THESE SYMPTOMS?



- cravings
- fatigue

- mood swings
- insomnia
- decreased libido
  - brain fog

you'll learn how understanding your hormones can transform your health, well-







**KELLY NOLAN** 

Pharmacist. Women's Health Expert, #1 Best Selling Author





JODI FORESTELL

Certified Holistic

Nutritionist. Metabolic

Balance Coach