

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?

- weight gain
- hot flashes
- cravings
- fatigue
- mood swings
- insomnia
- decreased libido
- brain fog



JODI FORESTELL

Certified Holistic
Nutritionist, Metabolic
Balance Coach



KELLY NOLAN

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



**Join us for an eye-opening session where
you'll learn how understanding your
hormones can transform your health, well-
being, and quality of life.**

REGISTER HERE

