Menopause, Diet and Nutrition

Your Live Health & Wellbeing Seminar

with Nutritionist, **Marie Donnellan**

The menopause is a natural process that occurs for most women. With the flux in hormone levels comes some unwanted symptoms such as irritability, hot flushes, increased risk of cardiovascular disease and osteoporosis.
In this nutritionist-led seminar, we consider nutrition practices we can implement to enhance our health at this time and make the process as smooth as possible.

16:15

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