

# Healthy Habits for Harmonious Hormones



Let's talk!  
Nutrition, Food  
& Hormones

## 5 Must-Do Habits for Women over 40, to fight Belly Fat, Brain Fog and increase Energy!

- ~Discover habits that help or hurt the daily dance of hormones.
- ~ Learn cutting-edge nutrition science and kitchen wisdom.
- ~ Discover strategies for a smooth transition from peri-menopause to menopause and beyond.

**Date: September 30th**

**Time: 1pm - 2:30pm**

**Place: Floo-id Yoga**

**7077 E. Mayo Blvd. Ste 130 Scottsdale, 85054**

**\$25 before September 29th - \$30 at the door.**

**Presented by Bonnie Roill, RDN, CHWC,  
Accredited Hormone Support Coach | [www.B3Nutrition.com](http://www.B3Nutrition.com)**