



Nutrition Workshop: Women's Health & Menopause

This workshop is for women ages 30 and beyond wanting to manage peri-menopause, menopause, stress, and excessive weight gain

Anne will discuss:

- Hot flashes
- Mood swings
- Hormone replacement therapy
- Stress reduction
- Weight management
- Meaningful movement



**Tuesday June 24:
11:00 a.m. - Noon**

Anne Jamison is an Integrative Nutrition Health Coach through the Institute for Integrative Nutrition and a National Academy of Sports Medicine Certified Nutrition Coach.

**\$25 UFC Members
\$40 Non-Members**

**Call the UFC to register
today!**

**University Fitness Center
30 Conference Dr | Hershey PA 17033**



717-531-7075



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