

ARE HOT FLASHES, INSOMNIA, PMS AND MOOD SWINGS TAKING OVER YOUR LIFE?

- Do you ever wonder why you're the only one wearing short sleeves and sweating in 40 degree weather?
- Do you have questions about hormones – synthetic and bioidentical?
- Need answers to the conflicting reports you hear about hormones in the media?

YOU ARE NOT ALONE

There is a biological reason for your behavior. These are real feelings that you shouldn't have to tolerate just because every other menopausal woman on earth supposedly did (they really didn't)!

Jerra Banwarth, RPh, a compounding pharmacist and expert on hormonal therapy, will offer you the tools to accurately evaluate inconsistent information regarding hormone therapy, and help you determine what your symptoms are telling you.

WOMEN'S WELLNESS WORKSHOP

WHEN: Monday, September 8th, 2008
6:30 – 8:00 PM

WHERE: The Institute for Restorative Health
1460 Drew Ave, Suite 300
Davis, CA 95616

COST: \$40 per person



**Jerra Banwarth,
Pharmacist**

**Call today to reserve a seat in the next Women's
Wellness Workshop and start feeling like yourself again!**

Call: (530) 758-4474

IRH INSTITUTE *for* RESTORATIVE HEALTH

HOPE, HEALTH AND VITALITY