

Breeze thru Menopause



Are you wondering if you will ever feel like yourself again? Do you have hot flashes? Heavy bleeding? Irregular cycles? No libido? Gained weight and just can't lose it? Trouble sleeping? Do you have aches and pains that you never had before?

Sounds like you are in the *menopausal transition*.

Support yourself with **Breeze thru Menopause**. This event is for women in their late thirties, forties, fifties, and sixties who seek relief from menopausal symptoms like hot flashes, insomnia and weight gain as well as from depression and anxiety.

When? Saturday, January 27th, 2018, 10am-1pm

Where? Ixchel Center, 23 Wilson St., Hartsdale, NY 10530

What do I need? Dress in yoga or other comfortable clothes. We will use movement during the workshop.

A light, nutritious snack provided

What will I take away? 3 keys to quick comfort and a new support network. You are not alone!

How do I sign up? Call 914-522-0913 OR:

<https://breezethrumenopausewestcheter.eventbrite.com>

Bring a friend for free. Everyone attending must register. Refunds will be given at the event.

I can help you end your menopausal suffering and transform your experience into long lasting health and comfort.

Presented by Janice Solomon, CCH 914-522-0913, Janice@resonanthealingny.com, janicesolomon.com