



RESET 40+ WORKSHOP

Reset Your Balance to thrive in
Perimenopause & beyond
Mind Body Freedom presents:

The Mind, Body Transition Program
Optimise Nutrition.
Realign Lifestyle
Renew Mindset

Women's Complete Wellness
MIND BODY
FREEDOM
Nutrition & Counselling Services

Fatigue, mood swings, or weight changes?

Empower your journey through perimenopause and beyond — naturally, holistically & confidently.

What You Will Learn:

- Common nutrient deficiencies in women
- Key nutrients needed to keep hormones happy
- How to reduce symptoms & disease risk like osteoporosis, cardiovascular disease & diabetes
- Simple swaps to boost key phytoestrogens
- The components of a balanced plate
- Identify & remove endocrine disruptors
- Stress management impacts on weight status
- Movement for strength of brain & body
- Managing weight for long term benefits
- Develop a meal plan for the day

Ask your girlfriends to join you to explore this next chapter together & reconnect over education & sharing .

\$245 includes
3 hour session
Light refreshments get a taste for real food



For group bookings E : rachel@mindbodyfreedom