

“Managing Menopause”

*Thriving Through the Change That
Leaves You Powerless*



**Wednesday, November 15
6:00 - 7:00 PM**

HealthFit Fitness Center
1800 E Northwest Hwy Suite 1
Arlington Heights, IL 60004



Healthy Living Solutions

Join us for this Workshop!

Limited Space: 12 max Workshop Fee: \$10

In this hour long presentation you will learn:

- Which supplements are best to reduce menopause symptoms
- What nutritional and lifestyle changes are most effective for improving this stage of life
- How to do strength and cardio differently after age 40
- Other ways to burn calories besides going to the gym and why that's important



RSVP for the Workshop
healthfitmovement.com/workshops
847.873.0032



Dawn Vaslow

NASM Certified Trainer
Owner 4Fitness



Dr. Amy Iaquinta

Functional Medicine Practitioner
Wellness Director

Health 