

Woman 2 Woman

Topics Include:

- How your hormones work together to keep you healthy
- Connection between mental health and female hormone imbalance.
- How to balance hormones with nutrition
- How to effectively reduce stress and anxiety
- Supplements that help to reduce stress
- How to naturally heal from fibroids, PCOS and endometriosis
- Simple recipes that help you heal.

Practical. Health. Education

Woman's Reproductive and Mental Health FREE 4 DAY WORKSHOP

SATURDAYS ONLY

June 25th - July 16th, 2022

3:00 pm - 4:30 pm

**Location: Sharon SDA Church
5209 NE 22nd Ave
Portland, OR 97211-5646**

Our mental health is connected to our reproductive health.

You will learn the following topics in this 4 DAY dynamic, practical and educational seminar

- **JUNE 25TH:** Depression and Anxiety: How they are connected to fibroids, PCOS and endometriosis
- **JULY 2ND:** How to use God's diet and lifestyle plan to heal from fibroids, PCOS and endometriosis.
- **JULY 9TH:** The Mind, Gut and Hormone connection. How to effectively manage stress and anxiety to heal.
- JULY 16TH:** RAP SESSION

Women, girls, mothers, aunts, mothers to be, grandmothers, and the men in their lives who want to understand how to the women in their lives heal should attend this session



Dr. Tanya Lambert, M.D.

Women's Health and Wellness Coach

HEAL THE MIND AND
SPIRIT TO HEAL THE
WOMB PSALM 139:14

Register Today!

sharonsda.net/gethealthy

OR Call 503-287-7649

Hurry! Space is limited...