



CLARENDON
HEALTH

Nourishing Your Menopause Journey

Small-Group Nutrition Session with Lucia Glover



Join us for a relaxed, small-group session with **Lucia Glover**, Nutritional Therapist, and discover how simple food choices can support your menopause journey, helping you feel more **energised, balanced and confident!**

Wednesday, 22nd April at 6:00 PM

Clarendon Health

111 Longfleet Road,
Poole, Dorset, BH15 2HP

Parking available at the rear via Kingston Road.

Discover how the right foods can help you:

- ✓ Support **hormonal balance** through nutrition
- ✓ Reduce **hot flushes**, improve sleep, manage weight and boost mood
- ✓ Maintain bone strength, heart health and digestive wellbeing
- ✓ Feel nourished and satisfied while supporting your hormones

Exclusive Bonus for Attendees:

- ★ **FREE Hormone Balance Recipe e-book**
- ★ **Complimentary 20-minute Health & Energy Review call** (worth £75)
– Discuss your unique symptoms, receive tailored nutrition tips, and explore ways to boost your energy and wellbeing.

Spaces are limited, email hello@clarendonhealth.co.uk to RSVP