



**OCT 4**

**Women's Health:  
Hormones, Emotions  
and Mental Health**

**9 a.m. to 12 p.m.**

**Manitoba Club  
194 Broadway**

**Anxious? Trouble sleeping? Tearful? Irritable?  
Difficulty concentrating? Forgetful? Unable to cope?**

**Tara Maltman-Just, RPh ABAHP FMNM, *Founder and Executive Clinician of Vitality Integrative Medicine.***

Hormone imbalance is a major cause of these, and if overlooked leaves many women at a loss with treatments that only mask a few symptoms, without treating the underlying cause. Whether PMS, perimenopause or post-menopause, learn how to give your brain and body a boost by understanding the importance of Estradiol, Progesterone, Testosterone, Thyroid, Cortisol to your mental health and overall wellbeing.

**Jennifer Davis, Health Educator, *Women's Health Clinic***

**Emotional Awareness workshop**

An interactive workshop that focusses on finding a healthy outlet for difficult emotions. We will be exploring human emotions, their purpose in the larger sense and how they affect us in the individual and immediate sense. We will be examining ourselves as emotional beings and how emotions control us and how to take back control.

Tickets are \$30 and can be purchased through [www.eventbrite.ca](http://www.eventbrite.ca) or by sending a cheque to **ADAM 100 – 4 Fort Street, Winnipeg MB R3C 1C4**  
For more information contact [adam@adam.mb.ca](mailto:adam@adam.mb.ca)

**ADAM**

Anxiety Disorders  
Association of Manitoba