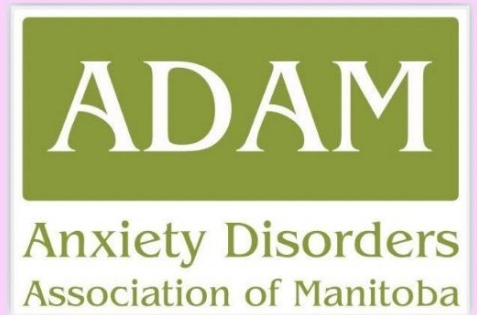


The Anxiety Disorders Association of
Manitoba Presents a virtual
workshop:



HORMONES AND MENTAL HEALTH: GET YOUR SECRET AGENTS ON A MISSION TO IMPROVE YOUR MOOD

Anxious? Sad? Tearful? Irritable?
Forgetful? Foggy? Sleep-deprived? Overwhelmed?

Join Tara Maltman-Just, MS ABAAHP FMNM RPh - award-winning Pharmacist and Executive Clinician of Vitality Integrative Medicine - to see how hormones operate undercover in more ways than you might expect. Journey in to the often overlooked world of hormones and their impacts on your body and brain.

Whether PMS, perimenopause, post-menopause and even andropause, learn how optimal balance of Estrogen, Progesterone, Testosterone, Cortisol and Thyroid can help you say: Mission: accomplished.

**When: Thursday February 3rd
7-830pm**

Where: Zoom

Cost: FREE

**To register:
visit: adam.mb.ca/events or
email: education@adam.mb.ca**

