

Nutrition for female health and wellness

Wednesday 14th April 10am

Thursday 22nd April 5.30pm

Right here at St Lukes. These 1 hour talks are free to attend. Please register your interest at reception so we can manage attendance.

- Balance hormone naturally
- Simple techniques to avoid cravings and addictions
- Stop dieting and start eating
- Quick simple and nutritious food choices
- Maintain your ideal weight