

# Menopause

23  
april  
2020

*An opportunity to deepen the relationship with yourself*

Moving through menopause requires different choices, such as more self-care and self-love. Also listening to the signals and wisdom of your body is key. Which lifestyle choices can you make and what can you do medically to support yourself, for example with bio-identical hormones?



**NORA HENDRIKS** GP, Specialist in bio-identical hormone treatments, Author of *The Menopause Taboo*



**SIMONE DELORME** Trainer, Coach, Actress, Voice-over and Expert by experience



**Time** 7.30 – 9.00 pm (CEST)

**Costs** 10 euro

**Registration** [info@evolveevents.nl](mailto:info@evolveevents.nl)