

SEMINAR

Stressed, Fat, Moody, Balding, Hairy and Sweaty?

Join Josephine Ng, Nutritional Therapist and Functional Medicine Practitioner, to learn why and how your hormones could be wreaking havoc on your life.

The seminar will cover PCOS, PMS, Menopause, Estrogen Dominance (Male and Female), Obesity, Fertility, Libido.

Josephine uses a top-to-bottom approach looking at underlying causes and all the body systems involved. You will also learn about relevant tests, self-help through diet and lifestyle and when to seek professional guidance.

Saturday, September 15th, 2018
10.00am - 1.00pm

International School Ho Chi Minh City
Secondary Campus, 1 Xuan Thuy, Thao Dien, D2, HCMC

Cost per person Singapore \$ 160 (VND 2,700,000)
Early bird** price Singapore \$ 130 (VND 2,200,000)
**to be booked and paid by 15 August 2018

Please email Kate at K8ander@gmail.com to book your place.



Venue kindly sponsored by:
International School Ho Chi Minh City (ISHCMC)

BALANCING THE HORMONAL DANCE

