

# Balancing Hormones with Herbs: A Seminar for Women

*In Support of*  
**Central Alberta Women's Emergency  
Shelter**

Herbal medicine offers women, at all stages of life, relief from fluctuating hormones. This seminar will take you on a journey of the intricate relationship between your well-being and hormonal cycles. Discover holistic approaches to balance hormone balance using herbal medicine and nutritional and lifestyle choices.

**When:** Wednesday February 8      **Time:** 6:30pm to 8:00pm

**Where:** Snell Auditorium (Downtown Library on Ross Street)

**Cost:** \$20.00 (All proceeds to CAWES)

**To register call:** 403-352-2820

**The facilitator:** Abrah Arneson CHT, RH practices and teaches herbal medicine in at The Green Clinic, in Red Deer. She writes a bi-weekly column for The Red Deer Advocate and Central Alberta Life.

