



# Juvenescence

## *Eating for Hormone Balance*

Join Robin Nielsen, Certified Nutrition Consultant, on an eating journey to help balance the “master hormone” **blood sugar**. Successful blood sugar management is the foundation for supporting and balancing insulin, adrenal/cortisol and thyroid function affecting the entire hormonal communication system.

- ❧ *Improve memory focus & concentration*
- ❧ *Enjoy greater stamina*
- ❧ *Promote Restorative Sleep*
- ❧ *Reduce pain and inflammation*
- ❧ *Experience vibrant aging*

**Four** engaging sessions over a two-month period. In these sessions you will learn:

- ❧ *Which foods support hormone balance and why*
- ❧ *Meal Composition ~ putting healthy meals and snacks together*
- ❧ *Stress, sleep and exercise ~ lifestyle habits for a lifetime*
- ❧ *Quick cooking tips for easy meal planning*

Classes are held via telephone from wherever you are!

Cost: \$195

To register: [register@juvenescence.net](mailto:register@juvenescence.net) or call 408.779.8363

Payment for program is due in advance. No refunds.

If Program is canceled - advance notice will be given and you will be scheduled for the next session.