



NUTRITION AND WOMEN'S HEALTH

with Guest Speaker Andrea Fennell



DATE: Wednesday, February 23, 2022

TIME: 11:30am – 1:00pm

LOCATION: [CLICK HERE](#) to Join via Zoom

Meeting ID: **881 0608 7244**

Passcode: **761253**

Andrea Fennell is a Registered Dietitian that specializes in hormone and women's health. She supports women in getting to the root cause of their symptoms including infertility, digestive issues, irregular cycles, stubborn weight, chronic fatigue, and anxiety. Her goal is to empower others to take charge of their health and to feel their best through personalized nutrition.

Andrea will be sharing nutrition tips on how to:

- Manage stress by supporting the body's nutrient needs
- Improve digestive health and why it's essential to mental health
- Optimize sleep and hormone health
- Choose healthy satisfying meals and snack



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