



WOMEN'S
VOICE®

presents

women's health show

REAL SOLUTIONS FROM
REAL PHYSICIANS
FOR **REAL** WOMEN®

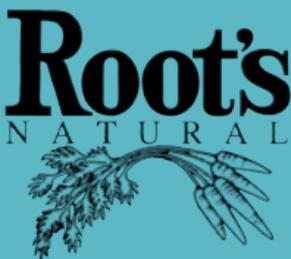


Vancouver LECTURE SERIES

Tuesday, March 26, 2019

7:00 pm – 9:30 pm

Italian Cultural Centre, 3075 Slocan Street



**GET YOUR TICKETS AT
Root's Natural TODAY!**

TICKETS COST \$10 EACH AND INCLUDE:
\$10 coupon offer | **5:30 pm Reception** at
Root's Natural for **snacks and refreshments**
Transportation (pickup at 6:00 pm) to and
from event | **VIP seating** at the event
Receive a gift bag

STRESS | ANXIETY | HORMONES GUT HEALTH | ANTI-AGING | WEIGHT LOSS

LECTURE TOPICS



Julie Reil, MD

7:00 pm – 7:45 pm

Could Balancing Your Hormones Be Simpler Than We Think?

Many women see their physicians with similar concerns: no energy, can't sleep, out of control moods, and stressed. In many of these cases... hormones are to blame. Proper hormonal balance is critical for good health, energy, and vitality. Many factors contribute to hormonal imbalance. Dr. Reil tackles these common issues while providing practical advice and lifestyle hacks women can use to improve their quality of life.



Karlene Karst, BSc Nutrition

7:50 pm – 8:35 pm

The Ketogenic Diet – Fad or Friend

The ketogenic diet is arguably one of the hottest diet trends since Atkins. Is it just a fad, or is there scientific validation behind this high-fat diet? Nutritionist, Karlene Karst, will discuss the right way to do the keto diet, which will help you lose weight, control your blood sugar, and leave you energized.



Kate Rhéaume, ND

8:40 pm – 9:25 pm

Ease Anxiety Naturally. Find Your Calm.

Health, work, friends, politics, school, the economy... if you are a worrier by nature, it is easy these days to find yourself in a state of heightened anxiety most of the time. About 3 million Canadian adults report having a mood or anxiety disorder, but there is hope. There are many effective, natural ways to calm your mind and reduce anxiety. This seminar will reveal which nutrients and lifestyle habits have been proven to ease anxiety naturally.