

Women's Health Series

spring into health

Modules:

May 25 | **DIGESTION: Strengthen and Tonify**

June 6 || **DETOX: Clearing**

June 13 ||| **DE-STRESS: Invigorate & Energize**

JOIN Jeda and Judy for this three-part, hands-on, transformative workshop series designed for women like you seeking balance and wellbeing. As a woman, your issues are more complex and interrelated than men's. Your **hormones** have played a role in your health and well-being since puberty, and chances are you are juggling more than one role – employee, parent, caregiver, concerned consumer, supportive partner. Chances are too that you struggle with maintaining a **healthy weight, managing stress, sleeping well** or being **fatigued** much of the time. The workshop will cover the role of digestion, toxins and stress in disrupting hormone balance and contributing to **insomnia, impaired thyroid function, pain, hypertension, fatigue, weight gain and much more**. Using the principles of holistic nutrition and traditional Chinese medicine, you will learn how to make important, practical changes that will bring your whole system – and life – into balance.

Cost: \$45 + HST per workshop or \$120 + HST for 3 part series

When: 7:00pm - 9:00pm

Where: Terra Breads False Creek Test Kitchen
2nd Floor, 53 W 5th Ave (5th & Ontario)
(enter through admin door next to café)

To Register:
By phone 604.250.9999
Email info@dynamicbynature.com
Online dynamicbynature.com
Payment Visa, cheque or cash



Jeda Boughton, BA, RAC, DR.

TCM, is a Doctor of Traditional Chinese Medicine, Registered Herbologist and Registered Acupuncturist. Steeped in the fundamentals of Traditional Chinese Medicine, Dr. Boughton takes great care in examining her patients' lifestyles and whole body functioning, allowing her to identify underlying patterns of disease and internal imbalances. She helps people achieve and maintain vitality and well-being through a compassionate, patient-focused approach.



Judy Chambers, RNCP CPT

is a graduate of the Canadian School of Natural Nutrition and an internationally certified athletic trainer. Judy's powerful system blends the principles of Eastern medicine with the research of modern science, adapted and tailored to function in the Real World. Her unique approach will help you achieve peak metabolism and vibrant health for life. Judy is also a playful gourmet chef who infuses her wholesome foods with taste and style!

