

Are you exhausted, overwhelmed or feel a lack of support?

YOU'LL LOVE THIS SIMPLE ROADMAP TO FEEL BETTER IN YOUR BODY, MIND AND SPIRIT.

I'm teaching a **free Five Secrets to Holistic Hormonal Balance class** via Zoom and warmly welcome you to join in!

The class will give you teachings on:

- Root causes of why delicate female hormones go out of balance so that you embody more energy and vibrancy
- Proactive steps to actualize long-term, sustainable hormonal balance and get out of fatigue, not feeling like yourself, anxiety, depression and weight gain
- Support for balancing your hormones for anyone planning for pregnancy so that you optimize your chance of optimal, healthy and conscious conception

Receive support from an experienced practitioner who healed from chronic hormonal imbalance 100% naturally, such as migraines and the autoimmune condition Hashimoto's Thyroiditis, so that you can do the same.

I'd love for you to join us, and am very happy to answer any questions you may have!

-Whitney Erwin, M.Sc., M.Ed., LMT

The class will be held on Thursday, April 20th, from 6:00 - 7:00 pm EST.

To register, please reply to this email at fourseasonsharmony@gmail.com

or visit

**[fourseasonsharmony.com/
classesandprograms](http://fourseasonsharmony.com/classesandprograms)**

