

HOLISTIC NUTRITION & CLINICAL HERBS

for Natural Hormonal Balance



Are you looking for positive, sustainable changes to your health, yet are struggling with reaching these goals? It can feel very challenging to actualize your long-term health, life purpose, career and relationship dreams alone. Give yourself the gift of joining us for a group facilitation on holistic wellness and natural hormonal balance to receive the supportive structure of a safe, compassionate circle to share, learn and grow together on the path toward actualizing optimal health. Over tea and snacks at the beautiful Cyanwood Natural Lifestyles Center, we'll discuss clinical hormone balancing herbs, nutrition, recipes, community resources and more with plenty of time for everyone to share and listen to each other in the group.



CYANWOOD NATURAL LIFESTYLES CENTER

2704 SPOTSWOOD TRAIL, SUITE B, HARRISONBURG, VA



JUNE 30TH | 6-7:30 PM

LIVESTREAM OPTION, EDT

HOW TO REGISTER

Please email
fourseasonsharmony@gmail.com
by June 27th

COST

\$15, includes take-home
herbal samples



**WITH WHITNEY ERWIN,
CLINICAL HERBALIST,
M.ED**



FOUR SEASONS
HARMONY

FOURSEASONSHARMONY.COM