



SORRENTO COMMUNITY CENTRE

WOMEN'S HEALTH SERIES 1

MAKE YOUR HEALTH YOUR PRIORITY.

3 SESSIONS TO HELP YOU ACHIEVE
OPTIMAL HEALTH AND WELLBEING

7 - 8PM

TUESDAYS MARCH 16, 23 30, 2021

\$20 PER SESSION

ENQUIRE | BOOK 5984 3360

16 March - More sleep. Less fatigue. More energy

23 March - Beating anxiety the natural way

30 March - Menopause: getting ahead of the symptoms

DON'T MISS THESE EVENTS!

Call 5984 3360 to book
Choose one, two or all three sessions

What to expect:

Expert information. Expert advice.

Your tutor, Cherelle, who has recently returned to the Peninsula, is a fully Qualified, Registered and highly experienced Naturopath.

Using natural medicine and based on scientific evidence, Cherelle aims to share the best of her considerable knowledge and experience to help you address your health concerns so you can achieve your optimal health and wellbeing goals

For more details, contact us at 5984 3360
or admin@orrentocc.org.au

Workshops - 7pm - 8pm
at Sorrento Community Centre,
860-868 Melbourne Road, Sorrento (via Morce Avenue)
\$20 per session (refreshments included)