

# HEALTHY HORMONES SERIES

Hormone health plays a key role in how you feel every day.

Join our Summerfield dietitians for a four-part nutrition series focused on supporting cortisol balance, menopause, thyroid health, and healthy hormone habits.

**Tuesday, April 7 at 12pm**

**Tuesday, April 14 at 12pm**

**Tuesday, April 21 at 12pm**

**Tuesday, April 28 at 12pm**

## RESTORING CORTISOL BALANCE

- Understand what cortisol is, its purpose, how it works, and the role it plays in your health
- Explore cortisol's effect on inflammation, blood sugar, sleep, and blood pressure
- Learn nutrition and lifestyle strategies for a healthy stress response

## MENOPAUSE: CARING FOR YOUR BODY & HEALTH

- Explore how hormonal changes impact metabolism, energy, and overall health
- Learn nutrition strategies to support your body through menopause
- Build confidence in caring for your health during midlife and beyond

## OPTIMIZING THYROID HEALTH

- Understand how thyroid hormones influence energy, metabolism, mood, and overall health
- Learn the basics of common thyroid conditions and how to interpret thyroid lab tests
- Discover nutrition and lifestyle habits that support healthy thyroid function

## HABITS FOR HEALTHY HORMONES

- Learn gender specific strategies to support the female menstrual cycle and male testosterone
- Uncover simple daily habits that support balanced hormones
- Identify sustainable routines to support energy, mood, and long-term wellness

**Covered by most insurance plans at no cost!**  
**Sign up and our team will verify your coverage.**

**SUMMERFIELD**  
CUSTOM WELLNESS



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