



You're invited to our  
**FutureLab**  
TRAINING PROGRAM

In this session we will reveal the natural strategies for navigating the transitions of perimenopause and menopause, and how to support hormonal balance and overall well-being during these life stages.

**Thrive Through the Transition:  
Managing Perimenopause &  
Menopause Naturally**

**REGISTER BELOW:**

**Tuesday, March 11th 2025  
@ 12:30PM AEDT**

<https://my.demio.com/ref/Ag3Z00tqFPEZIDIN>



**Thursday, March 27th 2025  
@ 12:30PM AEDT**

<https://my.demio.com/ref/aBcpnJ7LQJp7Bcqk>



Join us for the next instalment of our Lunch & Learn series, where we explore how to manage symptoms and thrive through this transformative phase of life.

We'll review our understanding of hormonal changes during perimenopause and menopause, and their impact on physical and emotional health. You'll learn how to naturally manage symptoms such as hot flashes, sleep disturbances, and mood changes, while supporting energy levels and vitality. We'll also uncover the physiological connections between hormonal health, nutrition, and lifestyle factors, and how these contribute to ageing gracefully.

We'll also review how the FutureLab range helps maintain hormonal balance, enhance mood regulation, and promote overall well-being, offering practical tips to integrate these solutions seamlessly into your routine for a healthier transition.