

# Your Hormones 101: Optimizing Your Body Physically, Mentally, & Emotionally

December 11, 2024

1:30-3:00pm MST

This session will provide an overview of the phases of the menstrual cycle, impacts of birth control, perimenopause and how to best support the female body in optimizing overall health with hormones in mind.



## Learning Outcomes:

- Learn how to track your menstrual cycle and plan work, social, nutrition and exercise activities around it
- Learn about how perimenopause changes your cycle and how to support yourself through this important time
- Learn how cortisol (stress) negatively impacts your hormone health

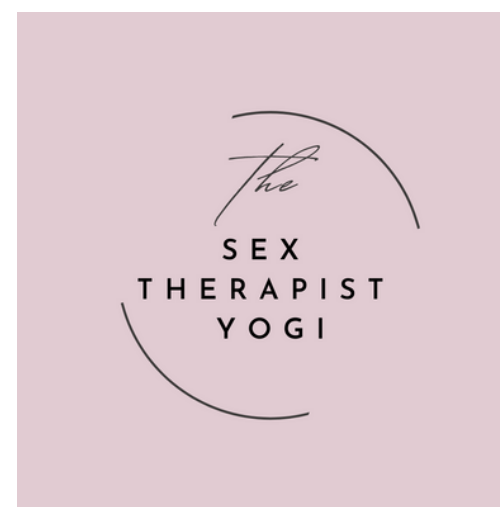
## Speakers:

Erin Musick, M.C., R. Psych, CST, 200 RYT (Registered Psychologist, Certified Sex Therapist & Yoga Teacher). Co-owns Lethbridge Counselling Services, and is known online as The Sex Therapist Yogi.

To learn more about Erin and her practice, please visit:

[www.counsellinglethbridge.ca](http://www.counsellinglethbridge.ca)

[www.sextherapistyogi.com](http://www.sextherapistyogi.com)



Target Audience: Females in particular will benefit from learning about their own bodies and health, but this information is helpful for partners and parents, too!

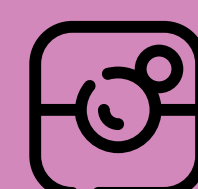
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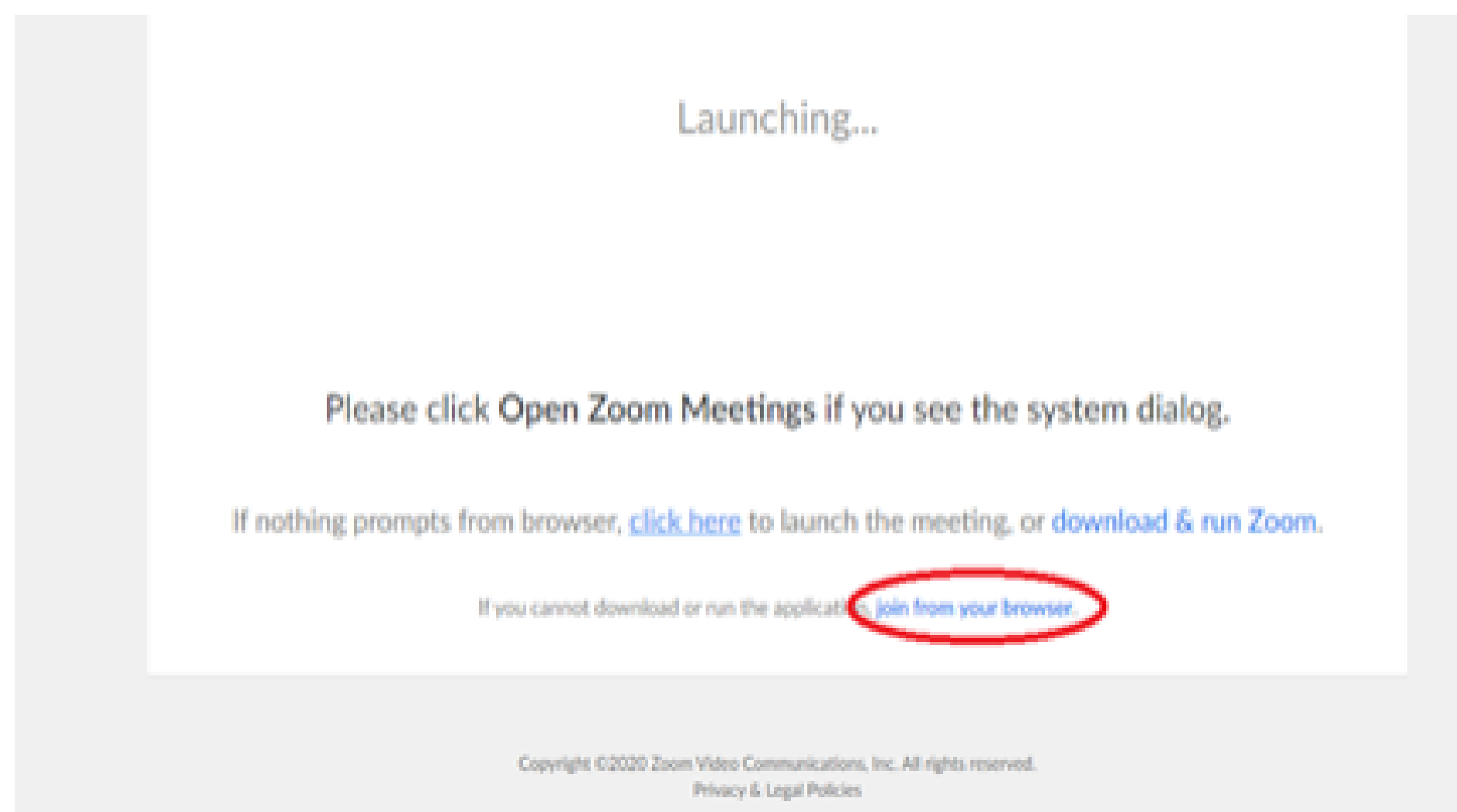
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