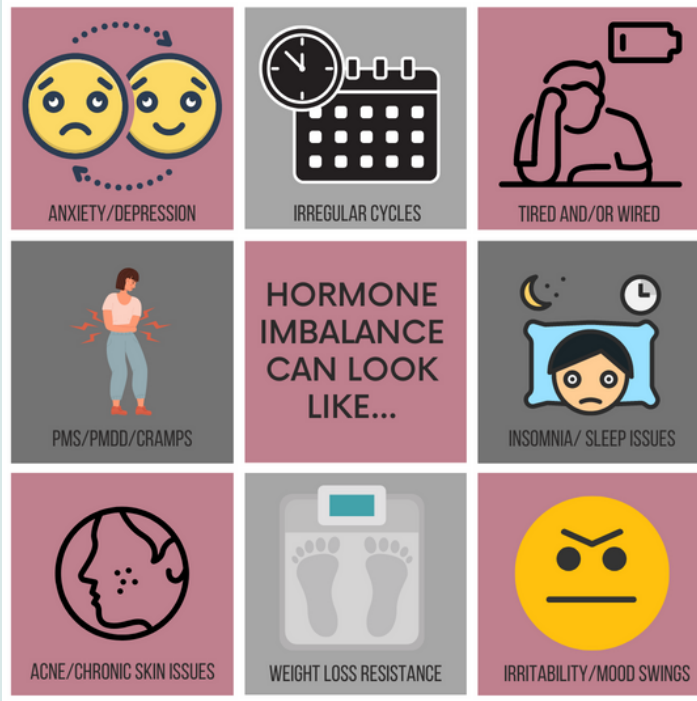


HORMONE BALANCE

PROGRAM FOR PRE-MENOPAUSAL WOMEN

St. Jude Wellness Center



WHAT DOES THE HORMONE BALANCE PROGRAM INCLUDE?

- One, free 15-minute introductory call to determine if this program is right for you (program not appropriate for women in menopause).
- One 60-minute health assessment with our Registered Dietitian.
- One specialized lab test to identify potential sex and adrenal hormone imbalances (dutchtest.com).
- Three month personalized nutrition, supplement, and lifestyle program designed to improve your hormone-based symptoms.

Scan the QR code to apply
for a free introductory call
or email

taylor.rickrode@providence.org
for more info



 **Providence**
St. Jude
Medical Center