



# Thyroid and Hormone Support 101

with Tania Heinemann, RNCP, RHN

**Save \$5 if you  
register before  
October 1st,  
2009**

**Monday October  
12th, 2009**

**7:45-9:15pm**

**Cost \$45/couple  
\$25 per person**

**Workshop**

**Location:**

**Eaton Family  
Health Care  
38 Queen St  
West  
Cambridge,  
ON**



## **Yellowood Nutrition & Wellness 2009 Summer Workshop**

Thyroid issues effect both men and women however women have the highest incidence over men for thyroid issues. Often women don't know they have a thyroid issue until after they have had a baby or are entering into menopause.

- Learn about the symptoms of thyroid imbalance, natural remedies and treatments – what your thyroid is responsible for (weight loss and weight gain = metabolism = your thyroid!)
- Symptoms of thyroid imbalance include: anxiety, weight loss or gain, heart palpitations, thinning hair, etc.
- Receive up to date information regarding the effects of immune system, stress, fluoride, functioning liver and how all of these play a part in keeping your thyroid working for you.



**Yellowood**  
NUTRITION & WELLNESS

Pre-registration for this workshop is required. To register for this workshop please mail a cheque or contact our office for credit card transactions. You can mail registrations to Yellowood Nutrition & Wellness c/o 124 Johnston Ave., Cambridge, ON N3C 4P4. Seating is on a first come, first served basis.

Phone: 519.220.1519 / [contact@yellowood.org](mailto:contact@yellowood.org) / [www.yellowood.org](http://www.yellowood.org)

**...A Path to Wellness**