



Tired?

Cravings?

Burned  
Out?

WIRED?

Insomnia?

Stressed?

Weight  
Gain?

## STRESS, CORTISOL & the secrets of HORMONE BALANCE

### PUBLIC SEMINAR

✦ Discover how **stress** disrupts the harmony of **hormones, thyroid & immune** function.

✦ Understand the balance of:

- ✦ *Bio-identical Hormones*
- ✦ *Prescriptions*
- ✦ *Natural Interventions*

THURSDAY, MAY 8TH @ ASSINIBOINE PARK

Location: Tamarack Room,  
Qualico Family Centre

Time: 6:30 - 8:30 pm

Cost: \$10

RSVP Required:  
(204) 505-0211 or  
[info@vitalityintegrativemedicine.com](mailto:info@vitalityintegrativemedicine.com)

#### FEATURING SPECIAL GUEST

Board-Certified Clinician,  
Advanced Fellow &  
Licensed Pharmacist.

**Tara Maltman-Just,**  
B.Sc.(Pharm.), RPh, ABAHP, FAARFM



#### TACHE PHARMACY

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