

**Tache Pharmacy presents:**



# HORMONES & CORTISOL:

*secret messengers you don't want to ignore*

An engaging seminar by Award-Winning Clinician,

**Tara Maltman-Just, B.Sc.Pharm., RPh, ABAHP, FAARFM**  
Founder of Vitality Integrative Medicine

*Uncover the connections between simple symptoms and your mood, sleep, metabolism and energy!*

**Depressed  
or Anxious?**

**Tired but  
WIRED?**

**Burned  
Out?**



**Low  
libido?**

**PMS?**

**Menopause?**

**Insomnia?**

**Hot  
flashes?**

**Weight  
Gain?**

**Date:** Monday, November 3rd

**Time:** 6:30 pm - 8:30 pm

**Place:** Caboto Centre  
(1055 Wilkes Ave)

**Cost:** \$10\*  
\*creditable toward future services

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

*Treating the person, not just the disease....*

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