

Self Care & Food Remedies for Periods & Menopause

**Celebrating and sharing women's wisdom on
International Women's Day!**



Zoom on Monday 8th March 12.30-1.45pm
with Roisin Reilly & Alex Laird, Medical Herbalists

***“Life-changing” “Very relevant and totally inspired!”
“I was surprised how much better I felt”***

For Zoom link, contact
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