ARE YOU A WOMEN IN YOUR MIDDLE YEARS WHO WANTS TO BE VIBRANT & HEALTHY? This call is for you...

Focusing on women's health with guest speaker Brenda Rogers, a Naturopath and Life Coach who is rebranding Menopause!!

Joining her is Anne Speirs, Homeopath and ASEA Associate and Catherine Wells, Naturopath

Monday 1st of May at 7:00pm (AEST)
https://zoom.us/s/7779631618

Brenda is a naturopath, life coach, yoga teacher, aromatherapist and women's wisdom educator. She has deep love and honouring of nature, respect for human suffering, reconnection to spirit and a gentle, loving approach to change. She particularly loves working with women in midlife transition who are experiencing not only a "midlife crisis" but uncomfortable physical symptoms as well. She's a powerful stand for the wisdom of nature, the wisdom of the body and the wisdom of our elders. She'd love to rebrand menopause to reflect the awesome, powerful force that women can become in their wisdom years.

Our second speaker is Anne Spiers. Anne is a homeopath and ASEA Associate. After the birth of her 3rd child, she focused on a healing profession: homeopathy. She loves how the actions of redox signalling molecules fits so well with the same aim of healing in homeopathy, which is to stimulate the body's own innate healing response. Combining the use of homeopathy and redox signalling molecules in her practice enables her to offer a simple yet profound approach to restoring balance on all levels, mental, emotional and physical.

Our third speaker is Catherine Wells, she is a naturopath and has been involved in health & wellness for over 25 years. She loves sharing her passion for whole nourishing food. She has owned and operated two whole food organic cafes in Australia. She also loves the freedom that ASEA offers, and as a mum to 3 home-schooled kids, she has been able to world-school her children for the last 5 years. Empowering others to live their best life is what inspires her every day. 'Be your own doctor' is her mantra!

