

## Are changing hormones affecting your weight?



- ❖ Hormone levels can fluctuate in perimenopause and menopause, leading to weight gain, sleep problems, mood changes, hot flashes, and night sweats. The weight gain can stress the body and lead to health problems such as high blood pressure and high blood sugars causing prediabetes or diabetes.



- ❖ Do you know the latest scientific evidence and proven lifestyle strategies to manage your hormone levels and weight effectively? Learn how to manage weight gain, improve your sleep and mood, address hot flashes and night sweats effectively with simple lifestyle changes from Dr. Jennie Hsu, a lifestyle and obesity medicine physician, and Dr. Tiffani Dillard, obstetrician-gynecologist, who have both helped their patients overcome their health challenges in a healthy sustainable way.



- ❖ Register and attend live or register for a replay to watch later.  
<https://wellnessvisions.com/index.php/events/>

Free Online Webinar  
Saturday, May 7, 2022, 1 - 2:30 PM CDT