

# NAVIGATING PREMENOPAUSE - NOURISHING YOUR CHANGING BODY: WEBINAR



**Thursday, October 8, 2026**  
**10:00 a.m. – 12:00 p.m.**

In this webinar, participants will learn how to:

- Recognize the early signs and symptoms of premenopause
- Understand how hormonal changes affect the body and overall well-being
- Choose foods and nutrients that support energy, bone health, and hormone balance
- Adopt lifestyle habits that help manage symptoms and promote healthy aging
- Conclusion Q&A



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## 围绝经期健康指南： 滋养您不断变化的身体



**星期四,10月8日 2026**  
**10:00 a.m. – 12:00 p.m.**

在绝经前期（围绝经期）到来之前，了解身体正在经历的变化，并学习如何通过营养和健康生活方式更好地度过这一过渡阶段。参与者将学习如何：

- 识别绝经前期（围绝经期）的早期迹象和常见症状。
- 了解激素变化如何影响身体整体的健康
- 选择有助于维持能量、骨骼健康和激素平衡的食物及营养素。
- 养成有助于缓解症状并促进健康老龄化的生活习惯。



**Register Now**

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