

# ***Educational Seminar on*** ***Hormones***

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## ***with Abby Saylor***

*Balance Your Hormones  
Balance Your Life*



***Thursday***

***October 12<sup>th</sup>  
at 7 pm***

**Hormones bringing you down? Join us for a FREE Educational Seminar**

**Women and Men Welcome**

**Abby's**

**Health & Nutrition**  
Better Health Through Education