

Saturday, October 19, 2019
10:00am to 3:00pm

Hormones Matter

Nancy Siskowic, NP, NCMP



Hormonal fluctuations often propel women into a new stage at mid-life. This time of emotional upheaval offers an invitation to grow spiritually and psychologically, and discover hidden gifts and untapped potential. Information on the physical, emotional and spiritual changes that may be occurring, along with the latest information surrounding ways to cope will be provided. Nancy Siskowic is a nurse practitioner, spiritual director, and nationally certified menopause practitioner.

Cost: \$50 Lunch included.

To register call Marlene at (310) 377-4867 x234 or email her at mvelazquez@maryjoseph.org or register online at www.maryjoseph.org.

Please see website www.maryjoseph.org or Program Guide for Cancellation Policy.

MARY & JOSEPH RETREAT CENTER

5300 Crest Road Rancho Palos Verdes, CA 90275 (310) 377-4867 Fax: (310) 541-1176
www.maryjoseph.org Email: mvelazquez@maryjoseph.org

RETREAT RESERVATION ~ Please return this form for your reservation. Thank you.
"Hormones Matter" Nancy Siskowic, NP, NCMP, Saturday, October 19, 2019

NAME _____ PHONE (_____) _____

ADDRESS _____

EMAIL _____

Cost: \$50 Lunch included.