

## **Menopause retreat with Dr Marilyn Glenville**

### **Extra information**

If you can relate to any of these symptoms then don't miss this opportunity to join the UK's two leading experts in the field of nutrition and women's healthcare, Dr Marilyn Glenville PhD and her senior nutritionist and resident foodie Helen Ford BA, Dip ION. who will show you how to coast through a symptom-free menopause, while boosting your energy, improving your health and feeling more alive than you've felt in years.

Through the daily informative and inspiring talks (with time for individual questions) and a cookery demo, you will discover a breakthrough approach to the menopause and perimenopause: giving you choice, control, and freedom.

You won't want to leave! But when you do, chances are you'll feel rested, reinvigorated and armed with not just knowledge about the menopause and how to overcome stress but also practical, achievable advice that you can put into practice right away.

There will also be time for you to relax, de-stress, explore, and socialise through a range of fun and enjoyable activities including group yoga, Pilates, a SUP (Stand Up Paddleboarding) excursion, and nature walks so you can take in all the natural healing wonders of the Algarve.

And you will absolutely love the healthy food and drinks prepared especially for you by the club's expert and health-conscious chefs using local fresh products.