

# **WHEN YOUR HORMONES GO HAYWIRE: A Course for Men and Women**

Speaking Topic

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Weight gain, fatigue, fuzzy thinking, achy joints, mood swings and low libido – all are symptoms of hormones going haywire – and hit women *and* men!

Learn a strategy to soar past fatigue, regain hormonal balance and reclaim your body -- for you and your patients to stay fit and energetic every single day!

To request more information about Pam speaking to your group, please use the contact form on [www.pamsmith.com](http://www.pamsmith.com).