

HORMONE HARMONY

Lifestyle medicine to foster happy, healthy hormones



Crystal Cisneros,
MSN, APRN, FNP-C
Presenter

WEDNESDAY, SEPTEMBER 9

12:00pm- 1:00pm

In-person - HR Training Room
Lunch will be served

Or join us virtually!

In-person session
[CLICK HERE TO REGISTER](https://forms.cloud.microsoft/g/q1S9Y7NTCr)

or visit
<https://forms.cloud.microsoft/g/q1S9Y7NTCr>

Virtual session
[CLICK HERE TO REGISTER](https://careatc.zoom.us/meeting/register/Kyktfh3ORtyRyS8RhLAf4A)

or visit
<https://careatc.zoom.us/meeting/register/Kyktfh3ORtyRyS8RhLAf4A>



Behind many of the incredible things your body can do are your hormones. These “messenger” chemicals are a fascinating and an essential component to your health. This session covers lifestyle factors to support happy hormones.



Katie Dawson
Podcast Host

WELLNESS WEDNESDAY PODCAST:

The Wellness Wednesday Podcast is available on the first Wednesday of every month. Tune in on the CareATC Mobile App or on the Patient Portal → Health Education Library → Wellness Wednesday Podcast.

