

Wellness Breakfast Series

**GIVE YOUR THYROID
SOME LOVE THIS
VALENTINE'S DAY**



Join our community discussion and cutting edge health education, lead by industry experts to learn about how to master one of our hormone regulators, our thyroid, while enjoying a bespoke “hormone healthy” breakfast provided by Nectar.

With Guest Speakers

- Dr Sara Sorrell MD, PhD Consultant Family Medicine, PhD in Genetics and Educated in Functional Medicine through the Institute of Functional Medicine
- Suzan Terzian, Nutritional Consultant & Holistic Health Coach

We aim to foster a passionate discussion about how our lifestyle, food and environment affect our bodies and hormones.

- 🌿 **Date:** Thursday 14 February
- 🌿 **Time:** 11am-1pm
- 🌿 **Investment:** AED 360

All prices inclusive of VAT.

Book your place by emailing

info@bodytreestudio.com

02 443 4448 www.bodytreestudio.com

nectar
EAT WELL | LIVE WELL

Suzan Terzian
Nutrition | Health | Wellness

