

YOU NURTURE OTHERS?

BUT WHO NURTURES YOU?

Women's Wellness Workshops/Learn how to take care of you!

In the world of wellness, we are always discovering new ways to stay nourished and healthy. With that in mind, at gynpoint we are starting a series of new workshops designed to empower women with knowledge and tools to transform their health, one healthy habit at a time.

Join us during these experiences to get the latest information you need to take care of your health and wellness as a woman.

In a cosy and safe environment, we will address issues we all face as women:

- Prepare your body for a healthy pregnancy & healthy baby
- Postpartum recovery. Nourishing the new mother for breastfeeding
- Sugar cravings and how to deconstruct them
- Hormones and your skin
- The truth about inflammation
- Eating for energy
- Women's Health 101
- And others...

These wellness workshops are designed to provide each participant with knowledge, hands on tips and solutions to be implemented back home.

Stay tuned for workshop dates and registration details on gynpoint Instagram and Facebook page. Space is limited.



What is a Health Coach?

Health coaches are wellness professionals who take a holistic approach to guiding clients towards health & happiness.

They help achieve an optimal lifestyle by respecting bio-individuality and inspiring action.

Tatiana Albu

Integrative Nutrition Health & Wellness Coach

"Honour your commitment to yourself and your health, just like any other appointment. Show up for yourself every day."