

# Party with a Purpose

brought to you by



## You Invite the Guests, We Bring the Show!

Do you or any of your friends struggle with hot flashes, night sweats, fatigue, low libido, mood swings, or just have trouble sleeping through the night? "The Party with a Purpose" is a fun, educational program addressing women's health issues in a relaxed format. We'll come to your home or business, and David Vasenden, RPh, and Lisa Mantkus, RN, MEP-C, will discuss women's wellness, including adrenal fatigue, the stress connection, and hormonal transitions. You can learn about the benefits of customized hormone replacement, have an opportunity to ask questions, and take away some practical tips for achieving wellness, putting you on the road to becoming a

*Balanced Beauty.* ❁

Party Hosts Receive a *Sierra Skin* gift pack  
(a \$200 Value)

Call 775.853.3500 or email [sierra@sierrahm.com](mailto:sierra@sierrahm.com) to book your party!

Downtown Reno • South Reno • Incline Village

[www.SierraHealthMart.com](http://www.SierraHealthMart.com)

