



Managing Cycles  
HORMONAL BALANCE  
*from Puberty to Menopause*

From the acne, PMS, birth control pills, mood swings of  
*PUBERTY*

To the irritability, hot flashes, fatigue, belly weight, dry  
skin, low libido of

*MENOPAUSE*

WE can help you find the NATURAL, safe, effective  
Alternatives to help you feel like yourself again!

Achieve Wellness  
Chiropractic Center  
110 W. Padonia Rd.  
Timonium, MD 21093  
443-628-9355

Wednesday, March 20th  
6:00 PM to 7:00 PM