

because you deserve to feel like you again ♥

Flushed and Fabulous! ♥

Real women.
Real conversations.
Genuine connections. ♥

Peri/Menopause DAY RETREAT

Expect a day filled with fun, support from, and connection to other women, guided by an experienced psychologist skilled in wellbeing enhancing and symptom-management strategies to help you *thrive*. ♥



CONNECTION

Build friendships and feel less alone



WELLBEING

Practical tools for better balance, energy and sleep



EXPERT GUIDANCE

Led by an experienced psychologist skilled in wellbeing



SYMPTOM MANAGEMENT

Evidence-informed strategies for real life relief



Share
Learn
Support
Thrive ♥

Take time for you... ♥



More balance ♥



Better energy ♥



A healthier, happier you ♥



Retreats run regularly throughout the year at local venues. ♥

For more information and to book your place, please get in touch:



Charlotte@hiltonhealthconsultancy.com



07939247921



Scan me to get in touch and book your place ♥


Hilton Health
Consultancy

HEALTH • WELLBEING • CONNECTION ♥