



# Women's wellness: A nutrition guide to optimal health

Reflection guide

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## Overview

- Nutrition through the lifecycle:
  - Hormonal health
  - Digestive health
  - Nutrition for pregnancy and breastfeeding
  - Menopause
    - Heart health
    - Bone health
    - Weight fluctuation
    - Cancer
- Cultivating healthy habits

## Key takeaways



Main points:



Learning insights:



What areas do I need to improve on?



My action plan: