

**THE BELLERIVE QUAY
HEALTH HUB**
HOLISTIC WELLNESS CENTRE

"Thank you so much for guiding me through the last 3 months of self discovery and healing and for being such a great support."

Karen, Hobart, TAS

"It's hard to believe that one person and 3 months can make such a difference, but I can honestly say that my life has improved in leaps and bounds!"

Danielle, Dubbo, NSW

**The Bellerive Quay Health Hub
Holistic Wellness Centre**

The Bellerive Quay Health Hub
31 - 33 Cambridge Road
Bellerive TAS 7018

Level 1 Shop 3A - Group Therapy and Education Hub
Level 2 Shop 6 - Reception and Retail Hub
Level 3 - Therapy, Assessment and Consultation Hub

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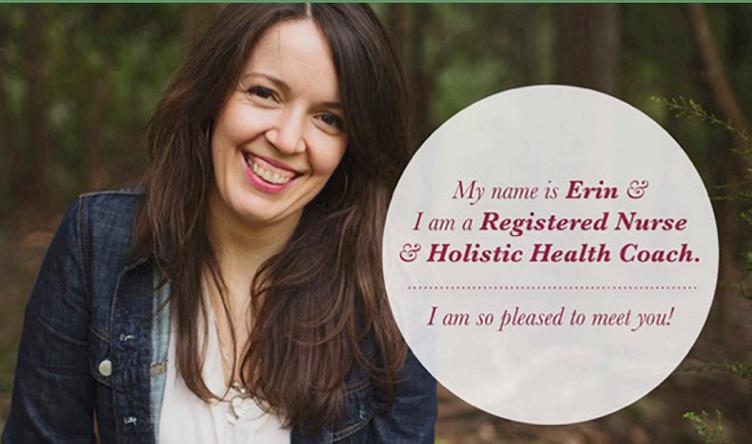
**WOMENS HEALTH &
NUTRITION COACHING**

**Functional Womens Health Nurse,
Erin Smallbon**

Does this resonate with you?

- Are you a modern woman, who is stressed, working too hard, feeling burned out, hormonally imbalanced and struggling with 'female troubles' like PMS, painful and heavy periods or irritability.
- Maybe you are wondering where your libido has gone, why you have no energy anymore and the fatigue you experience is overwhelming.
- Would you like to learn more about your menstrual cycle and your own fertility?
- Maybe you desire to feel beautiful, radiant, energised and full of vitality but have no idea how to get there.
- Do you wish to explore in a safe space love, sex, desire and your own pleasure? Enhancing the relationship with yourself and your own pleasure, but also the quality of your relationships and your full potential as a woman.

This is the work that I do as a Functional Women's Health Nurse.



*My name is **Erin** &
I am a **Registered Nurse**
& **Holistic Health Coach.***

I am so pleased to meet you!

My Approach

When you work with me, I see you as more than just a body with different systems.

Everything is integrated and that is the approach I take when I partner with you. I look at you like the whole being that you are and my recommendations could encompass food, lifestyle, positive mind set, spirituality and sexuality.

I give you the space to see that there is many ways of effective healing and to show you how to heal and care for your beautiful body by yourself.

All our sessions are held in a beautiful space of no judgment and confidentiality.

Who Can Benefit?

Erin works with women experiencing:

- PMS, irritability, painful and heavy periods.
- Weight loss
- Low libido
- PCOS
- Endometriosis
- Feeling 'wired but tired' and stressed to the max
- Poor sleep or insomnia
- Fatigue and anxiety
- Acne
- Pre and post partum support
- Infertility
- IVF support
- Disconnection from self or partner
- Feeling no pleasure during sex
- Any other concern you may have.

Appointments

On the first visit, clients will complete an health assessment with Erin.

The aim of this assessment is to:

- Obtain a detailed health history about your health, nutrition and social status
- Determine the plan forward and to begin to provide recommendations and coaching for your individual concerns.

Subsequent appointments will build on recommendations and actions taken by the client. All appointments with Erin are 45-50 minutes and cost \$120. (Unfortunately, no private health insurance rebates are available).

Ongoing appointments to build a supportive, therapeutic relationship are recommended and will be determined between Erin and the client.

Schedule an appointment today

I want you to feel more balanced and feminine, filled with vitality and radiance and totally hormonally balanced.

So, are you ready? Contact me today to schedule an appointment. I would so love to meet and drink tea with you.

Skype appointments also available!

Womens Health Workshops

Womens Health Workshops are scheduled on a regular basis.

Please stay in touch with us for more information.