

# WOMEN'S HEALTH, REIMAGINED

A NUTRITION WORKSHOP WITH  
MELANIE ROEMER, REGISTERED DIETITIAN



**Date: Thursday, May 14, 2026**

**Time: 6:30 – 7:30pm**

**Cost: \$10**

**Ages: 14 & UP**

**Location:**

**Cottonwood Heights Recreation Center  
7500 South 2700 East, Cottonwood Heights**

## **An Hour to Understand Your Hormones — At Every Stage**

**Your body changes over time — your support should too. In this easy, empowering workshop, dietitian Melanie Roemer, MS, RD explains how hormones shift across the female lifespan and how nutrition and lifestyle can help. You'll learn:**

- **How to support energy, mood, and cravings during your cycle**
- **What's happening in perimenopause (and why it feels unpredictable)**
- **How to nourish your body in menopause for metabolism, bone health, and longevity**

**Covers three stages: cycling years, perimenopause, and post-menopause.**

**Walk away with clear insights, practical strategies, and confidence to support your body at every phase.**



7500 South 2700 East, Cottonwood Heights  
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[CHparksandrecUT.gov](http://CHparksandrecUT.gov)

Register at [chprsa.activityreg.com](http://chprsa.activityreg.com)

Questions? Email [Bonnie@CHparksandrecUT.gov](mailto:Bonnie@CHparksandrecUT.gov)