

LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

Women's Health & Functional Medicine

Wednesday, Feb. 14th
12:10 - 1:00pm CST



Women often take care of everyone else but themselves. This leads to sleep deprivation, poor eating habits, gut issues, and increased stress which in turn can all cause a compromised immune system and other health issues. Frequently a woman's lifestyle may need modification as it relates to nutrition, physical activity, sleeping habits, and endocrine disruptors. We will look at common root causes of illness in women including the impact that trauma and ACE's may have on well-being.



Joleen Zivnuska
APRN, MSN, Prairie Health &
Wellness, Women's Health
Nurse Practitioner

Register online at bit.ly/47WAPoN
or by scanning the QR Code



K-STATE
Research and Extension

Kansas State University
Agricultural Experiment Station
and Cooperative Extension Service
K-State Research and Extension is
an equal opportunity employer