

PROGRAMME
OVERVIEW



her HEALTH

The Menstrual Health Programme for Teens

[ONEHEALTH-NUTRITION.COM/HERHEALTH](https://onehealth-nutrition.com/herhealth)



WELCOME

Her Health is a menstrual health education programme designed specifically for teenage girls in Transition Year (14-17 years of age).

Young girls deserve to begin their period with confidence. They deserve to feel informed about how their menstrual cycle works and empowered knowing that there are ways to minimise the downsides that can come with the phases throughout the month .. and that is exactly what the Her Health programme does.

As the teachers and adults in their lives, I believe we have a responsibility to support them with the knowledge and body literacy that many of us never got.

- Jennie

PROGRAMME OUTLINE

The Menstrual Health Programme is consists of a 2-3 hour workshop held in your school (time can be flexed depending on your school's needs). The Workshop is delivered by Jennie in a fun & engaging way to remove any discomfort around the topic.

The girls will leave with an ebook, additional support materials and most importantly, feeling informed and empowered.

We'll cover:

- ✓ THE ANATOMY OF THE FEMALE REPRODUCTIVE SYSTEM
- ✓ THE 4 PHASES OF THE MENSTRUAL CYCLE
- ✓ NUTRITION FOR BALANCED HORMONES
- ✓ LIFESTYLE STRATEGIES TO MINIMISE CRAMPS & PMS
- ✓ IDENTIFYING PCOS & ENDOMETRIOSIS
- ✓ BUSTING COMMON PERIOD MYTHS

... and lots more

ABOUT JENNIE

"I just wish I had learnt this years ago, it would have saved my younger self years of pain and discomfort every month!"

This was something I was hearing my clients saying time and time again, and it got me thinking .. how could I empower teenage girls with the knowledge about hormones, the menstrual cycle and female health that I wish I had known when I was 15?

And so Her Health was born ✨

I'm a registered nutritionist; I hold a first-class honors degree in Science (BSc) from UCD, an MSc from UCD Smurfit Business School, a Diploma in Nutrition from IHS and I'm soon-to-be qualified Nutritional Therapist (DipNT).

I work with clients on a 1:1 basis to get to the root of their hormonal imbalances so they can feel empowered and in control of their health. I'm passionate about young girls receiving the tools and knowledge that many of us were left in the dark about so they can leverage their menstrual cycle as the indicator of health that it is, instead of it being something they dread every month for the next 30 years!





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CLIENT QUOTE

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LET'S CHAT

If you're interested in running the Her Health programme in your school, please feel free to reach out to Jennie via the email below or through the enquiry form on the Her Health website. We can discuss the programme in further detail and pick a date that suits your school's schedule!

Response Time: Typically within 24 hours

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