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root cause reset:

Gut Health, Toxins & Hormone Balance

with Cayla Noelle Health

SUNDAY, JUNE 28

11:00a-12:30p

- How gut health impacts your mood, energy, hormones & digestion
- Top everyday toxins that disrupt your gut & hormone balance
- Actionable steps to reduce toxic load & support daily detox
- How to eat, move & live in a way that supports your body
- Simple daily habits to restore balance & support healing
- Ends with a calming yoga flow designed to support digestion & detoxification (if time allows)

Meet Cayla

Cayla Wright is a certified Integrative Health Practitioner, holistic nutritionist, occupational therapist, and yoga instructor specializing in gut health and hormone balance.

Cayla helps women uncover the root causes of chronic symptoms like fatigue, bloating, brain fog, hormonal imbalances, and more. She empowers women to reclaim their energy, confidence, and vitality by supporting the body from the inside out.

