How To ...

Win the MENOPAUSE game!

- Recognize Symptoms
- Get educated
- Be good to yourself
- Know when to seek treatment
- Talk to a professional

How To ...

Recognize common symptoms!

- ✓ Hot flashes/nightsweats
- ✓ Brain fog/difficulty concentrating
- ✓ Insomnia/fatigue
- ✓ Irritability/anxiety/depression
- ✓ Weight gain
- ✓ Joint pain

How To ...

Get educated, here with us!

- Board Certified
- Nurse Practitioners
- Women's Health Specialists
- Perimenopause/Menopause pros
- We are here for YOU!

How To ...

Be good to yourself!

- We believe you!
- Don't ignore your symptoms
- You don't have to suffer
- Take action
- Exercise and good nutrition
- Do your best and give yourself grace!

How To ...

Know when to seek treatment!

- Whenever you want
- You don't have to be a certain age
- You don't have to have hot flashes
- You don't have to have irregular cycles or no cycle
- You don't have to be afraid

How To ...

Talk to a professional!

- Join us! On social media
- See us! Virtual & In person consults
- Sign up for our email list
- Take our info to your local provider
- Follow us for all the details
- Check out our online class

How To ...

FIND US!

- Click here to not miss anything!
- Facebook
- Instagram
- Youtube
- TikTok
- Stay tuned for more ways to connect with us one on one