



MENOPAUSE management

Menopause EmpowHER

Empowering women through Peri/Post Menopause



Navigating Menopause can be challenging, but you don't have to do it alone. Our comprehensive 12 month program offers guidance, personalized support, and practical solutions to help you manage symptoms and embrace this new chapter with confidence. Join us for a journey toward better health and well-being.

What Menopause EmpowHER includes:

- Education Presentations (*i.e.; nutrition, sleep, hormone replacement therapy, pelvic floor health, etc.*)
- Exclusive Small Group Exercise Classes (*i.e.; strength training, cardio, mobility, balance*)
- Health Coaching (*i.e.; 1:1 guidance to set goals and develop healthy lifestyle habits*)

Time:

Education Presentations:

- **Second Wednesday of the month** | 12:15-1:00 p.m.
in CHI Education Room

Exercise Class:

- **Wednesdays** | 6:30 p.m. in Group Fitness Studio

Health Coaching:

- Appointment scheduled within first month of program

Fee:

- \$105 (*non-refundable*)

Additional Services (ask for pricing):

- Nutrition Coaching
- 8 week program
- Personal Training
- Pelvic Health Program
- Additional Health Coaching sessions

Join Menopause EmpowHER at any time!

For more information:

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