

MENOPAUSE MOMENTUM

Membership

PEEK *inside* A SAMPLE
MONTH 🙄🙄



WHAT'S INCLUDED EACH MONTH:



MONTHLY WELLNESS FOCUS

EACH MONTH, WE'LL DIG INTO ONE TOPIC—LIKE SLEEP, ENERGY, NUTRITION, MINDSET, OR MOVEMENT—AND BREAK IT DOWN WITH PRACTICAL, DOABLE ADVICE.



MINI COACHING LESSONS + TOOLS

SHORT, FOCUSED VIDEOS OR AUDIO LESSONS, PLUS WORKSHEETS OR HABIT PROMPTS TO HELP YOU PERSONALIZE AND APPLY WHAT YOU'RE LEARNING.



Q&A OR COMMUNITY CHECK-IN

SUBMIT QUESTIONS, GET SUPPORT, OR JOIN OPTIONAL GROUP TOUCHPOINTS (LIVE OR PRE-RECORDED). YOU'LL NEVER BE LEFT WONDERING "BUT WHAT ABOUT ME?"



BONUS RESOURCES

THINK: GUIDES ON CREATING ROUTINES, BUSTING MYTHS, NAVIGATING DOCTOR CONVOS, AND MORE — ALL IN BITE-SIZED, REAL-WORLD FORMATS.