

WOMEN'S LIFE STAGES

Wellness Program

Welcome to our first 6 Week program exploring each of a Women's Life Stages. In March, we will start with menstruation to perimenopause and will continue all the way through menopause and beyond. Six weeks of online informational meetings with Clinical Herbalist Jodi Neumann, Yoga & Dharma teacher Katchie Ananda, and manager MaRanda Hardmeyer.



**FREE
ONLINE
EVENT!**

WHAT WE WILL DISCUSS:

- Week 1- Menstrual Cycle Overview: General Wellness for Healthy Cycle, Nutrition, & Exercise
- Week 2- PMS: Fluid Retention, Anxiety, Cravings- Nutraceuticals & Botanicals
- Week 3- PMS: Menstrual Pain & Depression - Nutraceuticals & Botanicals
- Week 4- Perimenopause Support through Food, Nutraceuticals, Botanicals, & Flower Essences
- Week 5- Menopause Support through Food, Nutraceuticals, & Botanicals
- Week 6- Postmenopausal Health checks for Breast, Cardio, & Bone

**STARTS
MARCH
4TH**

Zoom Meetings
Every Tuesday Evening
March 4th to April 8th
7:00pm

To get signed up for the
full program or
any specific week
please email us at:

themarket@themarketsd.com