



MANAGING MENOPAUSE

MASTERCLASS FOR WOMEN

64% of women feel unprepared and confused about menopause, according to a 2022 survey by The North American Menopause Society.

Our mission at the Menopause Education Center is to provide every woman with the knowledge and tools to navigate menopause safely and confidently.

FEELING LOST AND OVERWHELMED BY MENOPAUSE? YOU'RE NOT ALONE

Navigating the clutter of misinformation and stigma surrounding menopause leaves countless women confused, anxious, and unsure of where to turn. But knowledge is power.

Our comprehensive online masterclass, Menopause & You, provides the unbiased, expert-led education you need to take control of your health, relationships, work life, and future.

REGAIN CONFIDENCE IN YOUR BODY THROUGH KNOWLEDGE & SELF-CARE

Over 80% of women say menopause has negatively impacted their self-esteem, based on research in the journal *Maturitas*.

Take control of your health, relationships, career, and life on your terms with unbiased menopause education. Complete your menopause education journey with confidence today and take control of your well-being.

"Big thanks to Rachel Anne and menopausesclasses.com. I went from feeling lost and depressed about Menopause to feeling inspired and confident after taking her course." ~ Cara U.

"Thanks to the Menopause Education Center for educating me without trying to sell me face creams or hormones. It was refreshing to be empowered and not sold." ~ Cheri W.

FIND OUT MORE AT:

[MENOPAUSECLASSES.COM](https://menopausesclasses.com) / 888.724.1241



IN THIS MASTERCLASS YOU'LL LEARN:

- The changes ahead in our complete A-Z guide
- How to cut through the risks and benefits of treatments
- Science-backed lifestyle tips for thriving physically and mentally
- How to communicate with partners and loved ones
- How to find workplace support
- And so much more...