



## MENOPAUSE & YOU

### MASTERCLASS FOR WOMEN

Over 80% of women received no menopause education in school, though most believe it should be taught (BMC Women's Health, 2023).

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

### WOMEN FEELING LOST OR OVERWHELMED BY MENOPAUSE AREN'T ALONE

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

Our comprehensive online masterclass, Menopause & You, offers unbiased, expert-led education to help women take control of their health, relationships, work life, and future.

### WOMEN CAN REGAIN CONFIDENCE IN THEIR BODIES THROUGH KNOWLEDGE & SELF-CARE

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

Women can take control of their health, relationships, careers, and lives on their own terms with unbiased menopause education. Completing the menopause education journey empowers them to confidently take charge of their 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**



### TOPICS COVERED

- The changes ahead in our complete A-Z guide
- Navigating the risks and benefits of treatments
- Science-backed lifestyle tips for thriving physically and mentally
- Effective communication strategies for partners and loved ones
- Finding the right workplace support
- And so much more...