

Struggling with Perimenopause?

You're Not Alone!

Are you experiencing:

- ✓ Unexplained weight gain?
- ✓ Brain fog & forgetfulness?
- ✓ Fatigue & low energy?
- ✓ Mood swings & anxiety?
- ✓ Poor sleep & night sweats?



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Perimenopause doesn't have to be a battle.

As a Certified Coach, I help women navigate this phase with science-backed strategies, nutrition, and mindset shifts so you can feel like yourself again.