

LUMENescence

Navigating Perimenopause & Menopause Together

Join us for a 6-week journey of self-discovery, empowerment, and connection designed specifically for women navigating the transition of Perimenopause and Menopause. Together, we'll explore key topics from ***The New Menopause by Mary Claire Haver, MD***, share personal experiences, and build a strong community of support.



MONDAYS

6 WEEKS BEGINNING OCTOBER 7



TIME

12-1:30PM



LUMEN WELLNESS & COUNSELING

125 CHESTERFIELD TOWNE CENTRE
CHESTERFIELD, MO 63005



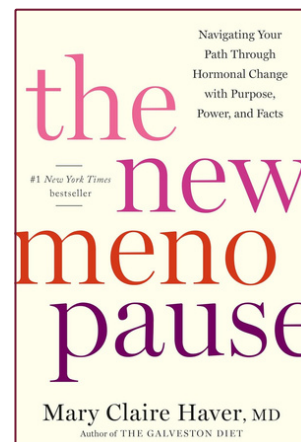
FORMAT

SMALL GROUP, CONFIDENTIAL,
THERAPIST-LED



COST

\$400 (INCLUDES BOOK & JOURNAL)



REGISTER
NOW

TO REGISTER:

Email jen@lumen-wellness.com
or call (314) 254-4105.

Space is limited.



LUMEN
Wellness & Counseling