

Hot flashes? Brain Fog? Moodiness? Weight or Sleep issues?



YOUR PERI GODMOTHER
PRESENTS

Thriving Through Perimenopause & Beyond



A 6-week workshop designed to help you understand the profound effects of hormonal changes on your brain and body. Gain the tools you need to navigate this transition with ease while preparing yourself to thrive in the future.



Claudia Levine, MD
Certified Menopause
Practitioner
Guest Facilitator

Vika Teicher
(Your Peri Godmother)
Nutrition & Health Coach
Lead Facilitator

Shoshana Uribe, LAc
Traditional Chinese
Medicine Practitioner
Guest Facilitator

TUESDAYS, 7-8:30 PM
AUG 20 - SEPT 24
MANZANITA WELLNESS
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More Info @
www.yourperigodmother.com