

A grayscale photograph of a person standing in a field of tall grass, with their arms raised. The background shows a hazy landscape with mountains and a building. The text is overlaid in a bold, orange font.

**MAKING
MENOPAUSE
MAKE
SENSE**

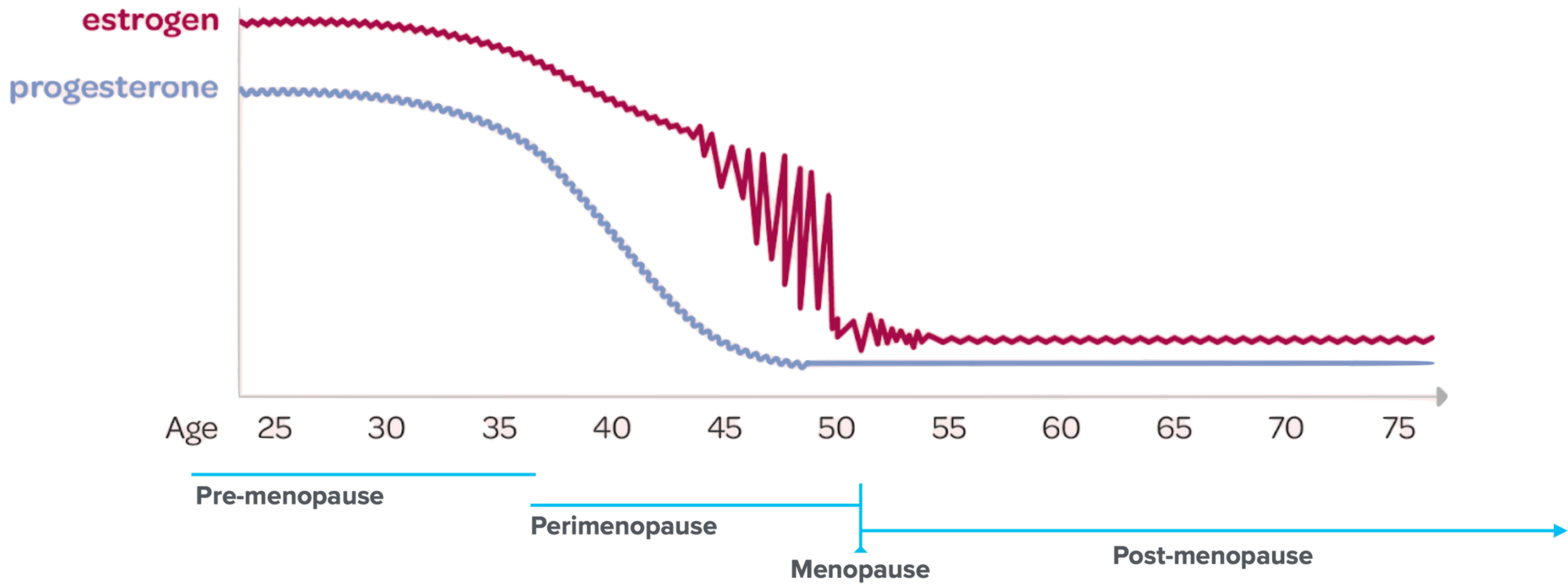


WHO AM I?

PERIMENOPAUSE

MENOPAUSE

POST-MENOPAUSE



**MENOPAUSE
IS MORE
THAN
HOT FLASHES**



Hot flashes

Pain with sex

Anxiety

Frozen shoulder

MUSCLE ACHES

NIGHT SWEATS

SYMPTOMS

HEART RACING

Bleeding gums

OSTEOPOROSIS

Osteopenia

Migraines

Sleep disturbance

Irritability

Bruising

Dizziness

DEPRESSION

ELECTRIC SENSATIONS

Incontinence

RINGING EARS

Headaches

DIARRHEA

Tooth loss

Allergies

CRAWLING SKIN

Fatigue

BODY ODOR CHANGES

MOOD SWINGS

Joint Pain

Weight Gain

Fatigue

Brittle Nails

HEAVY BLEEDING

POP QUIZ

1. Percentage of women who experience disruptive menopause symptoms?
2. Hours of training the average ObGyn receives?
3. Chance of finding a menopause informed provider?



KNOWLEDGE



ADVOCACY



INTENTION



COMMUNITY



FIND A GUIDE



5 KEYS TO MAKING MENOPAUSE MAKE SENSE.

Knowledge

Advocacy

Intention

community

Find a guide

WHAT DOES A MENOPAUSE COACH DO?



s a r a l a r s o n
c o a c h i n g

Join my bad ass menopause community.

