



menopause

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# Crash Course

Get ready for our upcoming live masterclass on natural remedies.

[dana@danaavoielac.com](mailto:dana@danaavoielac.com)





## *How can you feel great during & after menopause?*

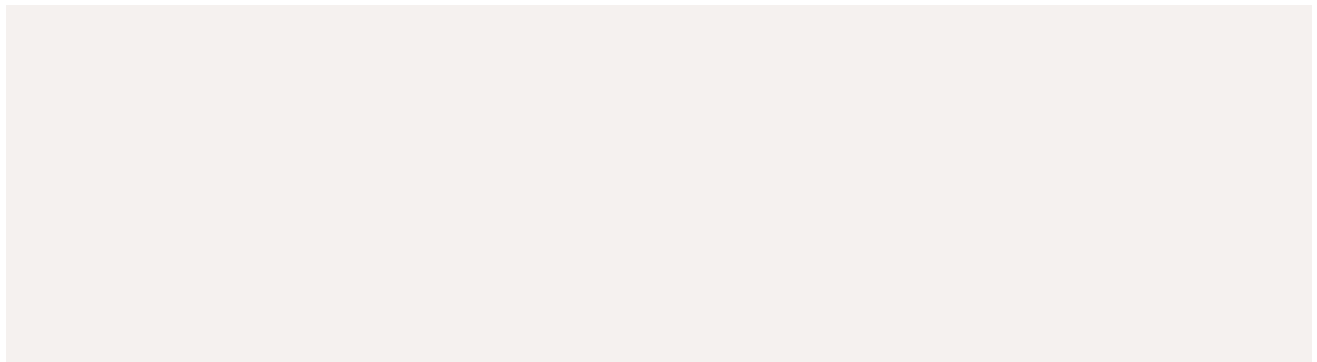
Hi, I'm Dana, and the three 5-minute videos in this crash course on menopause will get you ready to transform your health and get the menopause help you're looking for in our upcoming live training on using Natural Remedies for easing menopause symptoms and aging well.

Fill in the blanks below as you watch the videos, then share your answers with any comments or questions in our Facebook group or on one of the Facebook live Q & As I'll be holding the week leading up to our live training.

# Video 1: Your Map & Two Things

Where do you think you're at in the menopausal transition?

Draw a map of the hormonal changes happening during menopause and mark where you think you're at.



What are the TWO things you need to accomplish to feel great?

#1

#2

# Video 2: Your 3-part menopause plan includes...



Menopause plan part 1 is:



Menopause plan part 2 is



Menopause plan part 3 is

# Video 3: Your Natural Remedies VS HRT

Write down the THREE types of support your hormones want

Then check the boxes that apply.

Your hormones want  
THREE types of  
support - they are...

HRT

Natural  
Remedies

# Hi! I'm Dana LaVoie, LAc

I've been helping women through menopause in over 10K client visits and hundreds of women in my online program and coaching over the last 20 years.

Join me in the discussion about this 3-part crash course on facebook or instagram the week before our upcoming live class and put a reminder on your calendar for our upcoming class.

This video series is just to get your ready, because on our upcoming class...

***I can't wait to share with you how to use the safe, natural remedies that can get you the results you're looking for to ease menopause symptoms and age well.***

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