

Peri To Post Menopause Program

Program	Commitment	Sessions	Monthly investment
"Totally Committed"	12 months	2x/week*	\$361
		Program with evaluations**	\$172
"Prepare to Lift Heavy Stuff"	6 months	2x/week*	\$399
		Program with evaluations	\$190
"Move Well First"	3 months	2x/week*	\$416
		Program with evaluations	\$198

*Zoom or in-person/30 min sessions. One hour sessions also available!

**Program only with in-person or Zoom evaluations every 4-6 weeks