

RECLAIM MIDLIFE:

INTEGRATING AMBITION AND EASE IN PERIMENOPAUSE

7-WEEK VIRTUAL GROUP PROGRAM

- Gain a clear understanding of perimenopause
- Regain your balance, energy, and focus
- Restore confidence and motivation
- Embrace this new phase of life
- Create a strategic plan for thriving
- Be part of a like-minded community
- Feel like yourself again (maybe even better)



Shonda Moralis, MSW, LCSW helps high-performing women recalibrate balance in midlife and perimenopause. A psychotherapist, award-winning author, and passionate women's wellness advocate for over two decades, she believes women run the world (in spite of the patriarchy). Shonda lives in Pennsylvania with her family, loves to play outside, endeavors to practice what she preaches, and is perennially fascinated by what makes people tick.

**Midlife is messy. Perimenopause is hard.
It's time to feel like yourself again.**

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