

Power in the Pause

The Menopause Society refers to perimenopause as the "zone of chaos." This group wellness program is designed to provide a sense of control for patients navigating this phase of life.

Participants in this group get access to a holistic, evidence-based approach to perimenopause care. Over 6 weekly (virtual) gatherings, you will learn:

- What is happening in your body as you move from your fertile years into what the Japanese refer to as "konenki" (your season of renewal)
- What dietary patterns support metabolic health, heart health and weight balance
- How to understand changes in your mood, energy and cognition and what opportunities you have to balance symptoms like depression, anxiety, insomnia, forgetfulness and brain fog
- How to eat and move to maintain your muscle mass and bone density into postmenopause
- What to do to address changes in your digestive health
- How to care for your changing hair, skin and nails
- And what medical treatment options are available, including hormone replacement therapy

Consider Enrolling if you:

- Are experiencing changes in your menstrual and/or hormonal health
- Are interested in a whole-person approach to health in perimenopause
- Desire a supportive group setting to learn and get direction on how to help yourself cultivate more balance in your body, mind and emotions.

Group Details

- You will have two instructors for this program: a nurse practitioner and an integrative nutritionist from the Penny George Institute for Health and Healing.
- Each session is scheduled for 90-minutes.

Scheduling & Cost

- Call 612-863-3333
- Please contact your member services to understand your cost. Some insurances may cover the cost of group nutrition education, and many insurances cover services delivered by nurse practitioners.
- The following CPT codes will be billed: 97803, 97804 (nutrition codes) and 98001 and 98005 (NP codes)
- There is an option to pay out of pocket: \$300 for the series