

# MENOPAUSE & PERIMENOPAUSE CLASS

*Navigate Perimenopause  
and Menopause with Confidence!*

**This class offers insights on hormonal  
changes, symptom management, and  
tips for better sleep, nutrition, and  
stress relief.**

## PROGRAM INCLUDES:

**4 weekly 1-hour virtual classroom sessions**  
**2 Individual Nutrition Counseling sessions**

**COST: \$249**

As low cost as **FREE** with BCBS insurance!  
Email your insurance card to [wellness@edgevt.com](mailto:wellness@edgevt.com) to confirm

**WEDNESDAYS 6 - 7 PM**  
**MAY 7 - 28**

**WEDNESDAYS 12 - 1 PM**  
**JUNE 11 - JULY 2**

## Taught by Diane Annibalini, PA-C, HRA Assessor

Diane earned her Master of Science in Health Science from Quinnipiac University in Hamden, CT. She practiced as a Physician Assistant in Connecticut, specializing in Family Medicine, Internal Medicine and Urgent Care.

She has always been passionate about health and wellness, and developed a strong interest in women's health as she practiced medicine.

Since retiring from medicine and relocating to Vermont, Diane has enjoyed working part time at The EDGE as a Health Risk Assessor and Group Health Coach, helping others work towards healthier lifestyles.



**READY TO GET STARTED?**

Email, call, or scan the  
QR code!

