

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 to confirm

Mon 6 - 7 pm
9/15 - 10/6

OR

Wed 12 - 1 pm
10/22 - 11/19

**Skips week of 11/12*

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!

