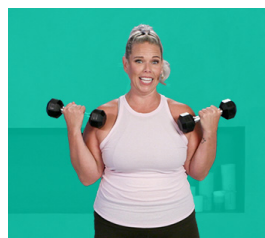


## Support Every Stage of Women's Health

**Women's health is unique, ever-changing, and deeply personal.** Recognizing that it isn't one-size-fits-all, our classes and programs are designed to meet you exactly where you are. Whether you're embracing new changes, facing challenges, or simply aiming to feel your best, our holistic approach and expert guidance are here to support you. No matter where you are on your journey, we're here to walk alongside you.

Curious about how LifeSpeak Holistic Wellness supports women's health? Below, you'll find a selection of classes, programs, and content specifically curated with women in mind.

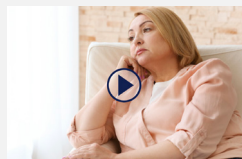


## Mental Health and Emotional Wellbeing



**Supporting your mental health through infertility**

5 min read



**Managing the psychological impacts of peri & menopause**

7 min video



**How do boundaries support women's mental health**

5 min read



**Anxiety in women**

6 min video



**Managing depression while parenting**

5 min video

## Hormonal Health and Fitness



**Understanding PCOS**

4 min video



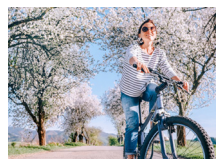
**Peri-Power**

14 Activities | 2 weeks



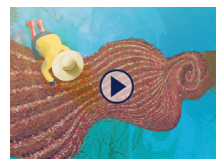
**Prime Power**

14 Activities | 2 weeks



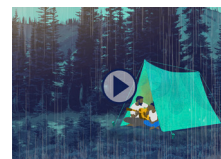
**Managing PCOS Through Exercise**

5 min read



**How do I recognize the symptoms of perimenopause?**

2 min video



**How to reconnect with my body during peri & menopause?**

2 min video

## Family Planning, Pregnancy, and Postpartum



**Mental health issues during pregnancy**  
8 min video



**Managing parental leave comebacks with care**  
5 min read



**Pre-natal: Cardio camp**  
20 min video

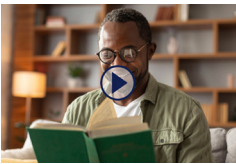


**Prenatal Nutrition**  
19 Activities | 4 weeks



**Post-natal: Muscle conditioning**  
20 mins

## Caregiving and Work-Life Balance



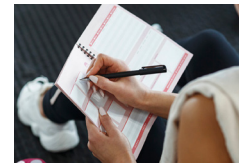
**Embracing self-care as a caregiver**  
7 min video



**Caregiving: learning your boundaries and how to say no**  
5 min video



**How to be enough for yourself while caregiving**  
4 min video



**How Women Can Carve Out More Time for Self-Care**  
5 min read

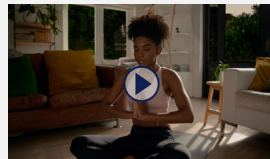


**Possible impact of caregiving on your career**  
6 min video

## Sleep, Stress, and Recovery



**Menopause, stress, & how they impact your sleep**  
7 min video



**Breathing exercises to help with sleep**  
5 min video



**Peri & menopause: Midlife crisis or new beginning?**  
6 min video



**Setting up for a G.R.E.A.T. night's sleep**  
6 min video

## Nutrition and Lifestyle



**Energy Bites for New Moms**  
4 min video



**Nourished Mom**  
4 min video



**Nutrition After 50**  
5 min video



**Connection between Mood and Food**  
7 min video



**Women's Hormones**  
41 Activities | 6 weeks

**Looking for more content on Women's Health?**  
You can explore hundreds more here:

**More Women's Health**