

Live Class Guide

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GET THE MOST OUT OF OUR LIVE CLASS
WITH THIS HANDY NOTE-TAKING GUIDE

JOIN DANA LAVOIE, LAC IN...

How To Ease Menopause Symptoms & Age Well With Natural Remedies

GET READY TO

BE IN CONTROL
AND FEEL GREAT





How can you feel great during & after menopause?

Hi, I'm Dana, and in this Live Workshop you'll get the menopause help you're looking for, so you'll know exactly what to do to ease menopause symptoms and age well.

We'll cover a lot! So fill in the blanks below as you watch the class, and you'll have a handy, quick-reference guide of everything we covered.

Step 1: Why to Welcome your Menopause Symptoms

Your symptoms are there to:

And show you:

Exercise (do this after our class)

My List:

Step 2: The most common Menopause Mistake

AND HOW TO AVOID MAKING IT!

This mistake will keep you from:



The mistake is:



Step 2: The most common Menopause Mistake

EXERCISE:

The THREE times to remember are:

#1

#2

#3

How does this mistake apply to you - and what do you need to change to avoid it?

Step 3: The Secret Key to Aging Well after Menopause

The THREE THINGS that can completely change your experience of aging are:



Step 3: The Secret Key to Aging Well

With these three things you can stop:

#1

#2

#3

To master all 3 make sure:

#1

#2

#3

Step 3: The Secret Key to Aging Well after Menopause

TO DO:

Three ways to reduce _____
that aren't just band-aids are:

1.

2.

3.

So your Healthy
Aging Superpower is...

+

+

Your Questions - my Answers

What questions do you have about how this applies to your body and your hormones right now?

Get answers during the LIVE Q & A of our class or using the Chat Icon at www.danalavoielac.com/course

Hi! I'm Dana LaVoie, LAc

I've been helping women through menopause in over 10K client visits and hundreds of women in my online program and coaching over the last 20 years.

I hope you enjoyed this Live Workshop.

It would be my honor to work with you further in my online program & coaching Making Menopause Easy. Enrollment is open for just a few days.



[Making Menopause Easy.
Info & Enrollment Page](#)



danalavoielac.com/course

What students are saying:

I completed one full week of taking the herbs for stage 2 heat. I noticed right away that I am sleeping thru the night most nights. That is a big win.

Like Reply 1d

For anyone that is new. Dana has changed my life, seriously! The herbs and diet are amazing

Like Reply Hide Send Message 6d

Started the sleep support herbs and have had a lot of success. In the past two weeks I have have 12 nights of excellent sleep! That is more than I usually get in a whole month!



Hot flash relief

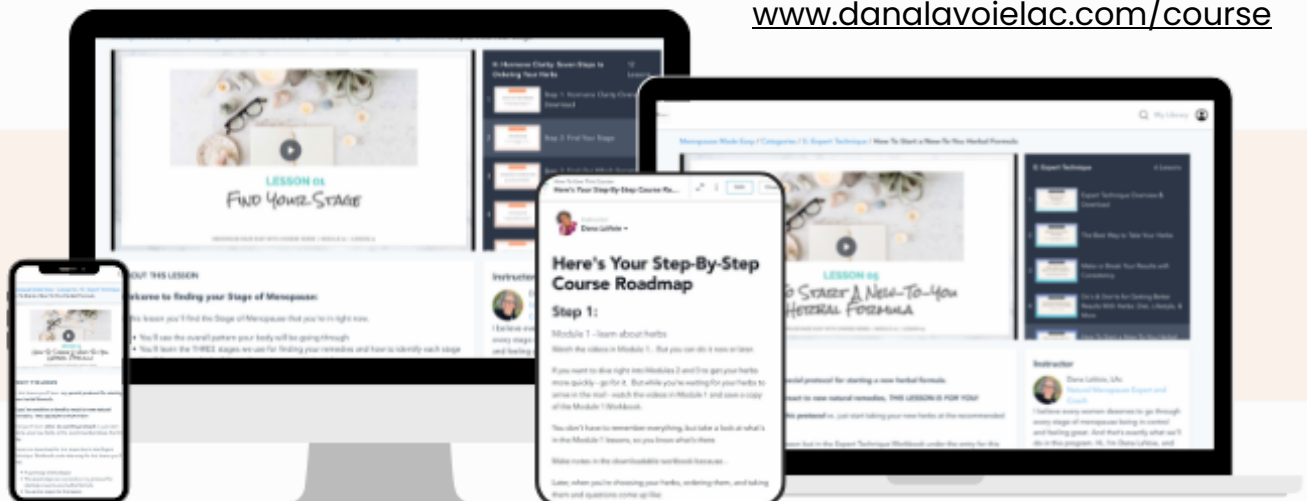
My hot flashes are 50% gone - half as often and half as hot - after just a few weeks on the herbs from Dana's program. - Amy



Heat, sleep, & mood are better

Now, with herbs, the night sweats and insomnia are nothing like they were. It's also helped my mood swings and irritability tremendously! - Darcy.

www.danalavoielac.com/course



Making Menopause Easy
Info & Enrollment Page