



Radiant Health

Supporting You in Perimenopause



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Health Coach

Small, practical support group for navigating the unsteady season of perimenopause. Meets in-person in the Willow Lawn area.
Ideal for women ages 40-55.

- Nutritional strategies to support your health in this stage of life
- Guidance in balancing your blood sugar including the use of an optional glucose monitor
- Open discussion on optimizing sexual health
- Practical tips on improving sleep - the foundation of health
- Learn about bioidentical hormone replacement therapy
- Find out which supplements support hormonal health
- Get priority access to DUTCH testing and hormone replacement therapy packages

Most importantly, we will build a community of support to walk with you along the path.

Want more information? Scan the QR code now or email Jeni at jeni@plantingseedsofhealth.com

