

## Menopause Empowerment Course – *Options*

### **Option 1: Course Only**

 Price: **€50**

### **Option 2: Course + Support Package**

#### **Support Package Options**

- **Email Support - €60/month:** Answers to your questions within 48 hours
- **Weekly Check-in €100/month:** 30-min session once a week - online via WhatsApp Video call or Google Meet

### **Option 3: Course + 6-Week Program – *Email me for more information***

### **Option 4: Course + 12-Week Program - *Email me for more information***

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