


## 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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