

NAVIGATING YOUR HORMONAL CHANGES



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Monique Class, a board-certified Family Nurse Practitioner and international lecturer, is the Co-Founder of The Center for Functional Medicine, where she practices integrative functional gynecology and functional medicine. She holds certifications from The Institute for Functional Medicine, The Center for Mind/Body Medicine, The Psychosynthesis Institute, and board certifications in coaching from AHNCC and NBC-HWC.



Caria

We believe menopause should be a supported journey – not dismissed, but met with compassion, care, and community. Caria lets you connect with other women and with experts in a supportive space.

Midday

Midday exists to help women walk on the brightest path of health and wellness. We set out to create a digital health solution to transform the menopause life stage and empower women to kickstart healthy aging and absolutely thrive.

Perry

Perry smashes the taboo and makes it easy to meet other women in the same stage of life. We are connecting and supporting warriors across perimenopause and menopause.

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The Menopause Brain

By Lisa Mosconi

Dr. Lisa Mosconi, the New York Times bestselling author of *The XX Brain*, shows you how to navigate menopause successfully and come out on the other side with an even better brain.

The Menopause Manifesto

By Jen Gunter

Dr. Jen Gunter, the New York Times and USA Today bestselling author of *The Vagina Bible*, brings you empowerment through knowledge by countering stubborn myths and misunderstandings about menopause with hard facts, real science, fascinating historical perspective, and expert advice.



The 'Pause Life

Navigate menopause with the supportive 'Pause Life community, designed exclusively for women in midlife. Access educational resources, connect with others facing similar challenges, and find solace in shared experiences.

The After Party by Womaness

Welcome to the After Party! The Womaness private Facebook group is a place for women to come together and share their wisdom, humor, and spirit. The group is designed to inspire women to live their best lives in their 40's, 50's, 60's, and beyond.



Happy Hormones

With Nicki Williams

Your go-to podcast resource for all things female health and hormones! It's a mix of bite size quick episodes and longer interviews with leading experts in women's health.



Dr. Shieva Ghofrany

Board-certified OB/GYN Shieva Ghofrany, MD, FACOG, has been providing top-notch women's health care for over 14 years. Shieva has increased her online presence by openly discussing pregnancy, gynecology and mindset issues on IG/ FB and has started a community for women to learn and engage about these subjects called tribecalledv.com.