



UCentered

Perimenopause and Menopause Coaching

Thriving Through Changes

UCentered assists women approaching or already experiencing perimenopause and menopause to confidently navigate these natural, yet challenging, phases.

Working with certified health coaches, individuals will explore lifestyle adjustments to maintain physical health and enhance emotional resilience, learn effective stress-reduction techniques, and feel empowered to embrace these inevitable changes with a sense of control.

Elevate Your Well-being with Health Coaching!

Health and wellness shouldn't be complicated. Health coaching sessions keep it simple by providing an extra boost of nonjudgmental and confidential encouragement as you work toward your goals. Via expert guidance and personalized support, health coaches help redefine and prioritize what health and wellness mean to you while establishing a strong foundation for long-term impact.



How Do I Get Started?

- Call our friendly team at **800.882.2109** and let them know you're ready to prioritize your well-being
- Reach out to us via email at **coaching@marqueehealth.com**. Share a brief introduction about yourself and your wellness aspirations, and our team will promptly respond to assist you in finding the perfect Health Coach match

