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Webinar

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Redefining menopause: embracing change with holistic strategies and empowerment

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Menopause is often viewed through a lens of decline and discomfort, overshadowing the potential it holds as a transformative phase in a woman's life. This workshop, led by holistic health expert and bestselling author Tonya Fines, seeks to redefine menopause as an opportunity for empowerment and self-discovery.

Drawing on over two decades of experience in women's health, Tonya will explore the physical, emotional, and societal challenges faced during perimenopause and menopause. Participants will learn how to navigate these challenges with grace and humor, leveraging holistic strategies to enhance well-being. The session combines scientific insights with actionable practices, covering topics such as:

- Practical, natural solutions for managing common symptoms like hot flashes, fatigue, and mood swings.
- Techniques for fostering self-compassion and resilience during hormonal transitions.
- The critical role of community support and storytelling in transforming the menopause narrative.

This interactive workshop encourages open dialogue, personal reflection, and shared learning, empowering participants to embrace this life stage as a time for reinvention. Attendees will leave equipped with tools to enhance their physical and emotional well-being, build supportive networks, and advocate for a broader societal understanding of menopause.

This session is particularly relevant for healthcare professionals, wellness advocates, and women navigating their 40s and beyond, providing them with fresh perspectives and evidence-based practices to support themselves and their communities.

Keywords: Menopause; Women's Health; Holistic Wellness; Empowerment

Biography

Tonya Fines is a board-certified holistic health practitioner, bestselling author, and dynamic speaker with over 20 years of experience in women's health and wellness. She has dedicated her career to empowering women to navigate life's transitions with confidence, humor, and resilience. Tonya is also a sought-after branding strategist, podcast host, and advocate for holistic approaches to health. Her work combines natural practices with cutting-edge insights, fostering well-being and personal growth across diverse communities.

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