

OCTOBER MOTIVATION CIRCLE

★ *The Magic of the* ★ *Menopause Transition*

— BROUGHT TO YOU BY —



Melanie Larson, MA, RDN, CMCS
Motivate with Mel Behavioral Nutrition
Behavioral Nutritionist



Elizabeth Boothby
New Moon Yoga & Wellness with Elizabeth
Certified Yoga Instructor



October 22, 2026
6-8 PM



1364 N McDowell Ave
Petaluma, CA 94952

A workshop for demystifying your own peri/menopause journey and moving from discomfort and confusion to embracing this natural process that deserves grace and compassion.

Limited slots only
Register now!

THIS EVENT IS MADE POSSIBLE BY:

