



Intro to Menopause

Week 1

- *What is Menopause?*
- *Discuss common symptoms, health concerns, and “what contributes to midlife weight gain.”*
- *What are your thoughts/feelings/pressures regarding weight (or body image)?*
- *Menopause is an opportunity to re-evaluate your health and health goals. What areas are you most concerned about? What steps do you need to take to address these concerns?*

Food and Eating

Week 2

- *How do you know what, when or how much to eat?*
- *What is the most challenging or biggest obstacles to eating well? What is helpful for sustaining healthful eating behaviors?*
- *Discuss key nutrients for aging healthfully*
- *Recipe Ideas and Cooking tips – what are some of your favorites?*

Food and Eating Continued: Managing Emotional Eating

Week 3

- *Food and mood: how do stress, hormones, and emotions interfere with your ability to “do what you know you need to” and explore strategies to help keep you on track*
- *How do you manage cravings, urges to eat when you're not hungry – or hangry?*
- *Learning to manage triggers for mindless eating and experiential work with mindful eating will be explored*

Physical Activity

Week 4

- *Unintentional activity vs intentional activity vs. sedentary behavior – has any of this changed with aging, job change, midlife?*
- *What, when and how much activity is helpful?*
- *What are your biggest challenges and obstacles? What is most helpful for sustaining regular physical activity? What can you do to get support and ensure consistent activity?*

Beyond Food and Fitness

Week 5

- *Making sense of supplements, herbal therapies, alternative therapies, hormone replacement therapy, bioidentical hormone therapy.*
- *What works? What doesn't work? And what you need to know.*
- *What steps do you need to take to get the support you need?*