



CHECK LIST



Symptoms

Here's a checklist of some common menopausal symptoms. If you experience 3 or more of these symptoms. I would love to help and support you on your journey.

☐ **HOT FLASHES**

☐ **WEIGHT GAIN**

☐ **NIGHT SWEATS**

☐ **VAGINAL DRYNESS**

☐ **IRREGULAR**

☐ **INSOMNIA**

PERIODS

☐ **DECREASED LIBIDO**

☐ **MOOD SWINGS**

☐ **BRAIN FOG AND DIFFICULTY**

☐ **FATIGUE**

CONCENTRATING

☐ **ANXIETY**

☐ **DEPRESSION**

You can scan the QR code and book a complimentary session with me.

