kindbody



menopause support

In most menopause cases, the treatment focuses on relieving signs and symptoms, and preventing or managing chronic conditions that may occur with aging. Kindbody is equipped to support the short-term and long-term impacts assiosicated with menopause.

our services

- Nutrition
- Guided meditation
- Pelvic floor
- Emotional health
- Couple's coaching
- Healing movement & intention
- Somatic therapy
- Sexual health



As a full scope gynecologic provider, Kindbody's board certified Ob/Gyns are trained to address women throughout their reproductive health needs, including menopause. Our menopause support includes preventative health and hormone replacement therapy, as well as diet and lifestyle modifications to address menopausal symptoms. Kindbody additionally provides access to nutritionists, therapists, and coaches specialized in menopausal issues.

These services are available both in our Signature Clinics as well as virtually by a licensed provider in each state.

Get started with Kindbody today by visiting

kindbody.com/activate-kindbody-benefit

Contact us at **employeebenefits@kindbody.com**