kindbody

Menopause Support



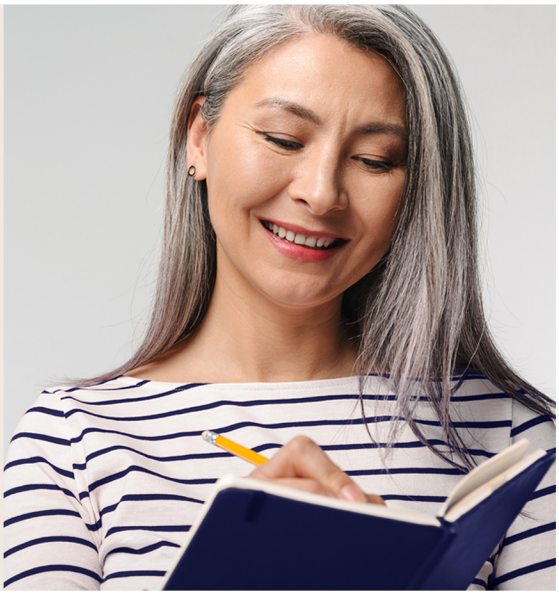
In most menopause cases, the treatment focuses on relieving signs and symptoms, and preventing or managing chronic conditions that may occur with aging.

Our Services

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

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 person as well as virtually by a licensed provider in each state.



Get started today by visiting:

kindbody.com/activate

Learn more at kindbody.com or contact us at employeebenefits@kindbody.com