



Spring Into Healing Series™

A guided journey designed to help women understand their bodies and prepare for their unique perimenopausal transition.

Why This Series Exists

Perimenopause is a natural transition every woman will experience, yet most women are never taught how their bodies work during this stage of life. The Spring Into Healing Series™ was created to provide education, lifestyle tools, and supportive community so women can move through this transition with confidence and clarity.

What Makes This Series Different

- Education that helps you understand how your body works
- Practical lifestyle tools to support hormones and metabolic health
- A structured journey that builds week by week
- Learning alongside other women walking a similar path

The Journey Through the Series

- Week 1 – It All Begins With You
- Week 2 – Hormones: Understanding Your Magnificent Body
- Week 3 – When to Eat: Honour Your Body's Rhythm
- Week 4 – What to Eat: Nourish Your Body With Intention
- Week 5 – Detox: Release What No Longer Serves You
- Week 6 – Stop the Rushing: Choosing Calm Over Chaos
- Week 7 – Sleep: Nurture Your Night Time

Who This Series Is For

- Women wanting to understand their unique perimenopausal transition
- Women experiencing hormonal changes or symptoms
- Women seeking practical lifestyle tools
- Women who value learning in a supportive community

What Happens After the Series

Many women continue their journey inside The Wisdom Well™ - a supportive community where the principles introduced in the series can be deepened and integrated into everyday life.

Because healing was never meant to happen in isolation - it was meant to happen in community.