

**MENOPAUSAL
SYMPTOMS CAN BE
NEUROLOGICAL IN
NATURE: HOT
FLASHES, DISTURBED
SLEEP, MOOD
CHANGES AND
FORGETFULNESS.**

**#PROJECT 23
EMPOWERING
WOMEN TO TAKE
BACK THEIR HEALTH**

**@LINDAWHITE
SOCIAL MARKETER**



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lindijwhite When we don't know what's going on with our body, it can be scary. It may be natural, but it is still a change. "THE CHANGE"
Learn about what happens when you approach peri-menopause and the menopausal stage. Be empowered by knowing what to expect and what can help you through it. Are you experiencing any of these neurological symptoms? Relief is in sight! Ask me about Project 23.

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