



## REBECCA HULEM, PERSONAL MENOPAUSE COACH

*Are bioidentical hormones right for me?  
Why am I gaining weight around my middle?  
What happened to my sex drive?*

**If these questions sound familiar to you, Rebecca can help.**

### Menopause Coaching & Mentoring

As a consultant, coach and trainer, Rebecca will guide you through a healthier and more comfortable transition through menopause. Coordinating her efforts with those of your health care provider, Rebecca tailors a treatment based on your lab work, health history, lifestyle and personal health beliefs.

Rebecca brings over 30 years of clinical experience to her menopause coaching as a nurse practitioner, certified nurse midwife and certified menopause clinician. Rebecca's approachable personality and extensive knowledge on women's health, have made her an important part of many women's decisions on health and wellness.

Rebecca builds her coaching and mentoring programs on the idea of "Many Women, Many Choices". There is not a one-size-fits-all solution for treating menopause symptoms. Each woman has a unique set of needs and what is right for one woman is not necessarily right for another. Rebecca will work to understand your concerns, address your issues and answer your questions, ultimately coming up with a treatment plan that is individualized for your needs.

**"If there has been one good thing about going through menopause, it has been Rebecca's invaluable advice and continual reassurance that 'this too will pass'. Thanks Rebecca for guiding me through this stage of my life."**

CH, Westlake Village, CA

**Contact Rebecca to learn more about her Personal Menopause Coaching & Mentoring services and fees.**

Call 818.425.2886 or email [rebecca@themenopauseexpert.com](mailto:rebecca@themenopauseexpert.com) for more information. No matter where you live, Rebecca can customize a program to fit your needs. **Visit Rebecca online at [www.themenopauseexpert.com](http://www.themenopauseexpert.com).**

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