

T.H.R.I.V.E.: Transcend the Physical & Emotional Shifts of Menopause

Honour Your Body's Wisdom, Embrace Life's Rhythm

Reclaim Your Energy ❤️ Restore Your Strength ❤️ Rediscover Your Joy



T.H.R.I.V.E. is where science, community, and heart come together
to help you flourish through menopause and beyond.

→ Is this you?

- Wondering why your body feels different – workouts aren't working anymore, energy is low, stress is elevated, moods are shifting, body shape is changing – and some days you just don't recognize yourself.
- Frustrated by the lack of real menopause support from doctors and overwhelmed by conflicting information about what actually works.
- Confused by outdated fitness and nutrition advice based on men's data, leaving you without real results when all you really want is just to feel good again!
- Showing up for everyone else for so long that you've lost track of your own needs.

- Determined not to let menopause slow you down – you want to stay strong, active, and vibrant for years to come.
- Longing to feel radiant, confident, and in charge of your health – to not just live longer but live better.
- Ready to protect your independence, prevent frailty, and keep the freedom to do what you love.
- Craving deeper joy, sensuality, and self-confidence – a chance to reinvent yourself and flourish in this stage of life.

→ *If any of this resonates, you're not alone. The good news? You can move beyond the frustration and confusion into a new level of freedom, health and well-being.*

It's about more than just surviving... It's about thriving.



THRIVE

- ♥ **T**une into your body's natural rhythms & unique wisdom
- ♥ **H**arness the power of rest and renewal
- ♥ **R**estore strength, energy, and resilience
- ♥ **I**gnite vitality, radiance, and inner calm
- ♥ **V**alue your needs, boundaries, and desires
- ♥ **E**mbrace joy, sensuality, and self-love

➤ **If you've been longing to make this next phase of your life a time of renewal and reinvention, T.H.R.I.V.E. is your pathway forward.**

Menopause is not the end of your vitality; it's the beginning of a powerful new chapter. Even if you're feeling overwhelmed, confused, or frustrated (or dismissed by the lack of support from your doctor), know this: this journey can be life-enhancing. And you don't have to navigate this transition alone. Because real transformation happens in community. **THRIVE is a curated group experience where shared stories, support, and connection make growth feel easier and far more powerful than going it alone.**

THRIVE supports women at every stage of the menopause transition—from those just beginning to notice changes to those well into post-menopause. Having navigated this journey myself, I created this program to help you shorten the learning curve and move forward with greater ease and confidence.

Over 12 interactive weeks, THRIVE shows you how to leverage your female physiology to optimize your health and wellbeing and reclaim your energy, strength, and joy. You'll learn to tune in to your body's wisdom, discover your true potential, and step into life with clarity and confidence. This is your time to flourish!

Who Is This For?

This program is for women in midlife and beyond who've always cared about their health but now feel called to fully own their power, radiance, and presence for the years ahead.

It's for women who are done with the confusion and the "just deal with it" mentality around menopause — women who want real, evidence-informed solutions and the connection of like-minded peers. They're committed to reshaping the narrative of midlife from decline to renewal and becoming examples of strength, resilience, and joy.

It's also for those ready to choose possibility over fatigue, frustration, or invisibility.

Embarking on this journey means choosing to flourish — discovering your body's wisdom, restoring your vitality, and embracing life with courage and pleasure. You'll carry an energy that elevates not only your own life, but the lives of those around you.

It's an exciting evolution—**you're not just getting healthier, you're becoming more confident, more resilient, and more fully yourself.**

What You'll Gain:

- **Reclaim your energy and vitality** – Discover how to optimize nutrition and build strength by working with your hormones so you feel more resilient every day.
- **Build lifelong wellness strategies** – Gain practical, science-informed tools to improve sleep, boost mood, prevent injury, and protect long-term health.
- **Reconnect with your body and sensuality** – Learn to trust and celebrate your body, cultivating joy, self-love, and confidence in how you move, feel, and show up every day.
- **Redefine midlife on your terms** – Shift from uncertainty and frustration into confidence, clarity, and a renewed sense of purpose.
- **Flourish in community** – Experience the support, encouragement, and inspiration of like-minded women walking the same path.

Who Am I & Why Am I Doing This?

I'm a Registered Health Coach (RHC) and Functional Medicine Certified Health Coach (FMCHC), passionate about helping women thrive through midlife and beyond—at a time when more women are navigating menopause than ever before in history.

My own journey began when I started to experience unexplained symptoms: disrupted sleep, low energy, brain fog, low mood, and changes to my body composition. When my doctor could only offer pharmaceuticals, I knew there had to be another way. Determined to restore my health, I turned to Integrative Medicine approaches and immersed myself in the work of leading medical experts in women's health, hormones, nutrition, and exercise.

What I discovered not only transformed my own life—it inspired my mission. Today, I help women flourish with confidence, resilience, and purpose. At my core, I am a facilitator of strength, joy, and longevity.

Every choice you make for your health today is a gift to you and to your future self—more energy, more strength, more freedom to live the life you love.

➤ What Sets This Program Apart?

This isn't about rigid rules or one-size-fits-all advice. THRIVE is a supportive, female-specific space grounded in science, filled with practical tools and inspiration to help you **create your own path to health**.

Most health guidance is based on male research and overlooks women's unique hormonal, metabolic, and physiological patterns—especially during and after menopause. Every element of THRIVE is intentionally designed to align with women's biology, leading to more effective, sustainable, and empowering results.

Here, **you'll be seen, heard, and supported**. I'll meet you where you are, hold space for your unique experience, and help you rediscover your vitality. Together, we'll unlock your power, replenish your reserves, and revive your joy—so you can embrace this chapter with confidence and renewed possibility.

THRIVE is more than a program. It's a journey of renewal and empowerment—**your invitation to create a vibrant, healthy future that feels fully your own**.

Week-by-Week Curriculum:

T – Tune In to Your Body's Natural Rhythms & Unique Wisdom

WEEK 1: Understanding the Shift

- **Learn** why midlife is a powerful invitation to think, act, and feel differently about your health.
- **Discover** how hormonal changes impact energy, mood, and overall well-being for women in midlife and beyond.
- **Connect** with fellow participants to begin building a supportive, collaborative community.

WEEK 2: Working with Your Natural Biological Rhythm

- **Learn** how to align your daily habits with your circadian rhythm to optimize energy and restore balance.
- **Discover** how to listen to your body's signals and cycles to support natural function, vitality, and ease.
- **Clarify** your deeper motivation for long-term health as you begin exploring your *Personalized Health Playbook*.

H – Harness the Power of Rest & Renewal

WEEK 3: Rest & Recovery

- **Learn** how quality sleep, restorative downtime, and recovery strategies build the foundation of vitality.
- **Discover** practices that support physical repair, boost energy reserves, and prevent burnout.
- **Practice** consistent rest rituals that enhance strength, immune system support, and long-term resilience.

WEEK 4: Cognitive Vitality

- **Learn** how to protect and strengthen brain health to sharpen focus, memory, and clarity.
- **Discover** mindset practices that build resilience and foster emotional well-being.
- **Practice** habits that regulate your nervous system to sustain focus, attention and enhance concentration.

R – Restore Strength, Energy & Resilience

WEEK 5: Strength & Daily Active Movement

- **Learn** how strength training protects bone density, prevents injury, and improves stability and metabolic health.
- **Discover** why muscle gain—not fat loss—is the key to energy, resilience, and lifelong health.
- **Practice** fitness routines designed for women in midlife and beyond that align with your physiology and changing needs.

WEEK 6: Energy Balance & Nourishment

- **Learn** how nutrition supports metabolic health, hormone balance, and steady energy.
- **Discover** strategies that work with your hormones—not against them—for sustainable results.
- **Practice** prioritizing protein and energy balance to stabilize mood, strength, and vitality.

I – Ignite Vitality, Radiance & Inner Calm

WEEK 7: Cultivating Emotional Balance & Harmony

- **Learn** how optimism, resilience, and emotional steadiness help you navigate midlife with confidence and joy.
- **Discover** ways to shift from self-criticism to self-kindness and acceptance.
- **Practice** nervous-system-based techniques that calm stress, regulate mood, and foster genuine contentment.

WEEK 8: Rediscovering Joy, Creativity & Play

- **Learn** how joy and playfulness fuel vitality and emotional well-being.
 - **Discover** creative outlets that spark inspiration, self-expression, and renewed confidence.
 - **Practice** weaving fun and spontaneity into daily life to boost energy, connection, and fulfillment.
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V – Value Your Needs, Boundaries & Desires

WEEK 9: Social Connection & Setting Boundaries

- **Learn** how nourishing, supportive relationships uplift and sustain well-being.
- **Discover** tools for saying “yes” and “no” with clarity and confidence.
- **Practice** strengthening your sense of belonging through building community and authentic connection.

WEEK 10: Building Habits that Energize and Inspire You

- **Learn** proven strategies for lasting behavior change and navigating setbacks with compassion.
 - **Discover** how to prioritize self-care and activate your *Personalized Health Playbook* with daily practices that fit your lifestyle.
 - **Practice** aligning your habits with your values and vision so motivation feels natural and sustainable.
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E – Embrace Joy, Sensuality & Self-Love

WEEK 11: Self-Expression, Fulfillment & Pleasure

- **Learn** how authentic self-expression and sensuality can be powerful sources of joy.
- **Discover** ways to deepen your connection to pleasure and fulfillment as essential to well-being.
- **Practice** reconnecting with your inner desires and passions as a compass for how you want to live.

WEEK 12: Life Purpose, Self-Love & Long-Term Vitality

- **Learn** how to clarify your meaning and direction for this next chapter with confidence.
- **Discover** how to embody self-love by aligning your choices, rhythms, and relationships with what nourishes you most.
- **Practice** daily habits that build resilience, protect independence, and sustain steady energy and vitality long into the future.

Additional Program Details

This program is more than just lessons—it's a catalyst for transformation. By investing in yourself, you'll gain the strength, clarity, and vitality to thrive in midlife and beyond.

Content & Duration

- **12 Weeks** (starting January 2026)
 - **Weekly 90-Minute Live Interactive Group Sessions** via Zoom
 - **Guest Mentor Sessions** featuring specialists in women's health and wellness on topics such as hormone therapy, strength training, herbs & supplements for menopause, joy & self-compassion, habit mastery, and more...
 - **Personalized Health Playbook** to customize your own health plan
 - **Weekly Reading & Resources** to deepen your learning
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What's Expected of You

- Attend at least **75% of Live Sessions**
 - Be **coachable, action-oriented, and open** to trying new approaches
 - Contribute to the group by sharing your experiences and encouragement
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Support You'll Receive

- **Weekly Live Interactive Group Sessions**
- **Guest Presenters** offering transformative knowledge in women's well-being
- **Virtual Drop-In Office Hours** with Jo-Ann
- **Community Support** via a private WhatsApp group

Investing in yourself is the most powerful legacy you can create—because when you thrive, everything and everyone you love benefits too.

❤️ **The Return on Investing in Yourself** ❤️

Investing in your health is one of the most powerful decisions you can make—because it always pays dividends. When you care for your body and mind holistically, especially within a supportive community, you're not just improving today—you're securing your strength, clarity, and vitality for years to come.

The cost of *not* investing compromises your quality of life, your independence, and the opportunity to shape your future with energy and confidence. This season of life is a turning point, and the choices you make now will define your resilience, joy, and autonomy for years to come.

Your return? A vibrant, energized body, a clear and focused mind, and the freedom to live this next chapter on your own terms.

Ready to feel like yourself again?

▶️ **How to Enroll**

Please reach out to me with any questions you may have. **Book a discovery session with me [here](#)**, or send me an [email](#) to let me know you're ready to learn more.

It will be my privilege to welcome you and walk alongside you—supporting you as you reclaim your strength, clarity, and vitality, and step fully into a life where you can thrive with confidence and joy.

Jo-Ann Panneton

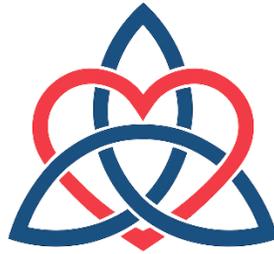
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 [Book a discovery call](#)

The greatest return you'll ever realize is the one you make in yourself.

Strong. Radiant. Alive. This is your time to THRIVE.



The T.H.R.I.V.E. program contains general health information and is intended for educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider if you have medical questions and before making any decisions or changes related to your health.