

Reading list

Class Registration



Welcome!

Below are upcoming classes hosted by Hormone Coach Collective in partnership with Guiding Star Cedar Valley.

All classes are virtual

Classes

FEMM Intro

Hosted by Juli

EmpowerYou Fertility

\$25

Monday, May 4thnd

6:30pm CST

Virtual | 30 min

[Register](#)

An introduction to FEMM charting practices and how charting the female cycle can benefit your health and relationships. This class is for ANYONE interested in charting

FEMM Intro

Hosted by Liz

**Your Feminine
Genius Journey**

\$25

TBD

7:00 pm CST

Virtual | 30 min

[Register](#)

An introduction to FEMM charting practices and how charting the female cycle can benefit your health and relationships. This class is for

Hormone Restoration

with Elissa

Pinnacle Living Coaching

Free Webinar

March 23rd - 7:30 pm

Central

Virtual | 45 min

[Registration](#)

Get a sneak peak to the introduction session of Fiat Institute's Post-Birth Control

their cycle, single or in a relationship.



 Virtual Class

ANYONE interested in charting their cycle, single or in a relationship.



 Virtual Class

Restoration Program. It is designed for women ready to transition off synthetic birth control and support their body's natural hormone function (or who have discontinued birth control within the year)

You will see how you can be guided through foundational education, lifestyle strategies, and personalized coaching that address common post-BC symptoms such as irregular cycles, mood swings, acne, fatigue, and more. By focusing on root causes—like gut health, liver support, nutrient depletion, and cycle disruptions—you'll learn how to support your body from the inside out.



Interested in Group classes?

Title:	Coach:	Description:	Link:	Cost:
Group Vital Cycle	Elissa or Juli or Liz	The Vital Cycle Program helps women understand and support their hormones through a powerful blend of hormone education and personalized coaching. It's designed for those ready to connect the dots between their symptoms and the root systems that impact their cycle.	Interest Form	TBD

Group FEMM Classes	Juli & Liz	TBD	<u>Interest Form coming soon</u>	\$30/class
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FAQs

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Coming soon