



The Menopause
Wellness Centre

DECEMBER
2025

THE MENOPAUSE WELLNESS CENTRE NEWSLETTER



Reflecting on a Busy and Beautiful Year...

As we head towards the end of the year, I've been taking a moment to pause and reflect on everything that's happened in 2025. It's been one of the busiest, most rewarding and most heart-filling years since launching The Menopause Wellness Centre

And none of it would have been possible without your support.

This year brought some incredible highlights, including being nominated for Female Entrepreneur of the Year (South West) in the UK Small Business Awards. The final announcement is on the 13th December, so keep those fingers crossed for me.

One of the biggest milestones was opening a brand new face to face clinic at Waterloo Court – just off Junction 27 of the M5. I'm there every Friday afternoon, supporting women locally with tailored movement, lifestyle coaching and emotional wellbeing. I do have a couple of places left if you'd like to sign up!

I've loved hosting more corporate workshops, helping teams understand menopause in the workplace, and I even ran a men's only workshop to help partners, colleagues, siblings and friends better support the women in their lives.

The conversations were honest, powerful and so needed.

But most of all, the very best part of my year has been showing up for my clients – guiding, supporting and walking alongside so many amazing women through midlife and beyond. It's a privilege I never take for granted.



My Services – Refined and Ready to Support You

This year I've really honed my offerings so you can find the level of support that suits your needs, whether you prefer to work online or in person.

Here's a quick summary of what I offer:

- **The Midlife Rebalance Programme**

A deep, holistic one-to-one coaching experience combining movement, lifestyle, mindset and emotional wellbeing (6 month programme)

- **Rebalance & Rise – 10 Week Transformation**

A structured, supportive programme designed to rebuild strength, improve mobility and increase energy.

- **Meno Move Online**

An ongoing online fitness and wellbeing membership with accessible movement sessions, education and community support.

- **The 6-Week Menopause Reset**

A flexible self-guided online wellbeing plan you can work through at your own pace to support your symptoms and daily habits.

- **Menopause Check-In Session**

A single focused one-to-one session if you need clarity, reassurance or a personalised action plan.

- **Corporate Workshops and Wellbeing Training**

Engaging, practical sessions supporting workplaces to understand and better support menopause.



New for 2026...

I'm thrilled to share that I'll be opening a second clinic space at Pebblebrook Clinic in Newton Poppleford, offering appointments on Tuesday afternoons. There are a couple of places available to book if you're interested.

I've also co-written a book with a group of wonderful women – each of us contributing a chapter. It's due to be released in January or February, so keep an eye out for updates. I'm so excited for you to read it.

And there's more to come... new workshops, new community offerings and a few surprises that I can't wait to share throughout the year.

Wherever You Are, I Can Support You

Whether you're local to Devon and prefer face to face sessions, or live further afield and prefer online support, I'm here for you.

Everything I offer is designed to meet you where you are in your menopause journey.

And if you're looking for a thoughtful gift for someone who needs a little support, (or a hint to loved ones) I also offer gift vouchers.

Thank You...

Thank you for being part of my community this year – whether you've attended a session, joined a workshop, connected with me online or simply followed along for support and reassurance.

Every message, recommendation and kind word truly means a lot.

As we head into a new year, a little reminder from me to you: try not to sweat the small stuff. So many of us carry the emotional labour of everything and everyone around us, especially at this stage of life.

Please make space for you – even small moments to breathe, reset and reconnect can make a world of difference.

I'm so grateful for the chance to support women through midlife, and I'm excited to share even more ways to help you feel stronger, calmer and more confident in the year ahead.

Wishing you a calm, cosy and joyful Christmas, and a new year filled with strength, balance and hope.

**With love,
Sharon**

The Menopause Wellness Centre

Rebalance – Reset – Reconnect

