



www.andiecasagrande.com

ELEVATE

**Corporate Wellness Program Focused on Women's
Hormonal Health**

Elevate the Women in Your Team

ANDIE
INTEGRATIVE NUTRITION HEALTH COACH



UNLOCK THE FULL POTENTIAL OF THE WOMEN IN YOUR WORKFORCE

- ✓ In today's dynamic and competitive business landscape, prioritizing the health and well-being of your female workforce is not just a benefit, it's a strategic necessity.
- ✓ Starting at age 35, women begin to face unique challenges as they transition through perimenopause and menopause—challenges that can significantly impact their performance and professional growth.
- ✓ The ELEVATE program is designed to directly address these issues, offering an innovative and holistic approach that goes beyond traditional wellness programs.



WHY FOCUS ON WOMEN'S HORMONAL HEALTH?

- ✓ Women's biology operates on a distinct rhythm, profoundly different from that of men, and this difference has often been overlooked.
- ✓ From the onset of puberty, a woman's hormonal cycle plays a crucial role in her overall health, influencing everything from energy levels and mood to cognitive function and physical well-being.
- ✓ Around the age of 35, many women begin to experience perimenopause, a natural phase marked by a gradual hormonal decline that intensifies as menopause approaches. This transition can bring significant physical, emotional, and mental challenges.



WHAT IS ELEVATE?

- ✓ This unique program focuses on three core aspects: **hormonal health, lifestyle adjustments, and awareness management.**
- ✓ By providing hormone-focused nutritional guidance, sustainable lifestyle changes, and tools to enhance self-awareness, ELEVATE helps women maintain their well-being and excel in their professional lives.
- ✓ It's more than just a wellness initiative—it's a strategic tool to unlock the full potential of your female workforce, ensuring they remain engaged, productive, and resilient.



Transformations through Elevate

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Before joining the ELEVATE program, I struggled with severe perimenopausal symptoms that were affecting my focus and energy levels at work. I often felt overwhelmed and found it difficult to maintain my focus. The ELEVATE program provided me with the tools and support I needed to manage my symptoms effectively. Andie introduced me to hormone-focused nutrition, guided me in making crucial lifestyle changes, and even taught me the benefits of mindful practices like just 10 minutes of meditation. I'm now more confident in my role and have even taken on additional leadership responsibilities. ELEVATE didn't just improve my health—it empowered me to excel in my career

Sarah T.

Senior Marketing Executive
Tech Industry, 45 years old.

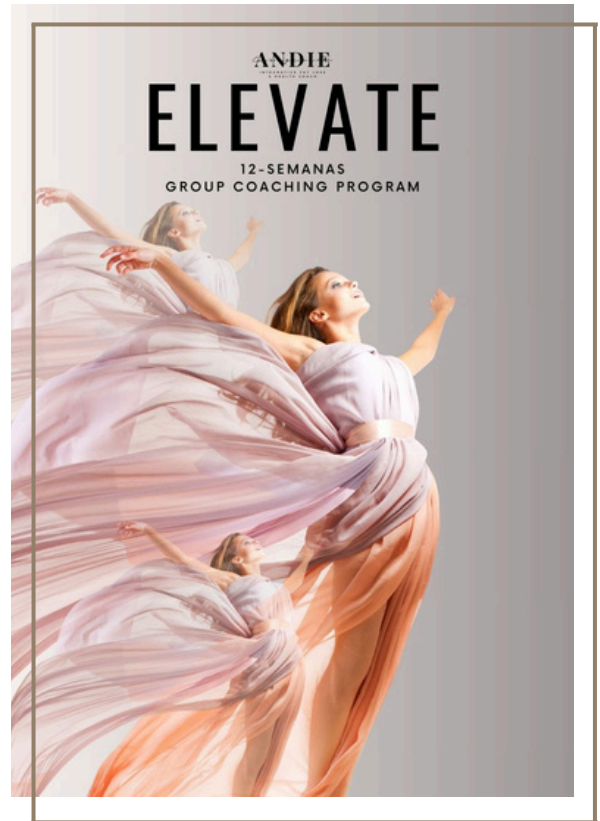
PROGRAM FOCUS

ELEVATE provides a specialized solution, focusing on:

Hormone-Balanced Nutrition: Personalized nutritional guidance to support hormonal health, reduce inflammation, and enhance energy levels.

Lifestyle Adjustments: Strategies for improving sleep quality, incorporating regular physical activity, and managing stress through mindfulness techniques.

Awareness Management: Tools to help women become more attuned to their bodies, proactively managing symptoms before they impact work and life.



THE HIDDEN COST OF HORMONAL DECLINE IN THE WORKPLACE

According to a study by the **Chartered Institute of Personnel and Development (CIPD)***, , menopausal symptoms significantly affect women in the workplace, with 59% reporting that symptoms such as hot flashes, anxiety, and brain fog negatively impact their work performance. These symptoms often lead to decreased productivity, increased absenteeism, and strained workplace relationships, underscoring the need for tailored support and wellness programs to help women manage these challenges effectively.

*["Menopause in the Workplace, Employee Experience in 2023"](#)



WHAT'S NEXT?

Discover how ELEVATE can transform the well-being and performance of your female team.

Schedule a Meeting: Contact us at **info@andiecasagrande.com** to book an informative session.

JOIN THE MOVEMENT

Be part of the growing number of companies prioritizing women's health and well-being. Together, we can create a workplace where every woman feels supported, valued, and empowered.



ABOUT THE COACH

Andie Casagrande is an Integrative Nutrition Health Coach, certified by the Institute for Integrative Nutrition in New York, USA. With a specialized focus on hormone-centered nutrition and lifestyle, she empowers her clients to achieve comprehensive well-being. Her approach enhances physical, mental, and emotional health, particularly during the critical stages of life, fostering a holistic sense of balance and vitality.

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