

# Dr. Jennifer Cardinal Marks Menopause Awareness Month with Free Wellness Resources

*Empowering Women with Free Wellness Tools: Dr. Jennifer Cardinal Celebrates Menopause Awareness Month*

BETHEL, CT, UNITED STATES, October 4, 2024 /EINPresswire.com/ -- [Dr. Jennifer Cardinal](#), a leading advocate for women's health, founder of [Hope Health & Wellness](#), and recent recipient of the HealthCare Impact Award, is proud to announce a series of free wellness resources available on her website in honor of Menopause Awareness Month.

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By offering these free resources, we aim to provide the tools and knowledge women need to manage symptoms, embrace this phase of life, and maintain their health and vitality.”

*Dr. Jennifer Cardinal*

The HealthCare Impact Award recognizes healthcare professionals who have made a significant and beneficial impact on the health of their communities. Dr. Cardinal, also a proud member of the Menopause Society, continues to lead efforts in supporting women through menopause and beyond.

Dr. Cardinal's Wellness Vault is packed with valuable information designed to empower women as they navigate the changes and challenges of menopause.

Menopause is a significant transition in a woman's life, bringing with it a host of physical, emotional, and mental changes. To help women understand and manage these changes, Dr. Cardinal has curated a collection of free guides, videos, and tips accessible through her Wellness Vault. These resources address common menopausal symptoms and provide practical advice on maintaining overall well-being during this time.

“We want to support women in every aspect of their health as they go through menopause,” says Dr. Cardinal. “By offering these free resources, we aim to provide the tools and knowledge women need to manage symptoms, embrace this phase of life, and maintain their health and vitality.”

The free resources available include:

**Perimenopause & Menopause Handguide:** Learn about the foods you should eat and avoid, hormone-healthy meal ideas, essential tests to run, recommended supplements, important lifestyle habits, and changes, when to consider bioidentical hormone therapy and more.

**Happy Hormones:** Rebalance your hormones and reboot your health with this complimentary four-week meal plan and recipe pack. It includes a complete shopping list and everything you need to get started!

**Cortisol Management Guide:** While you can't get rid of stress altogether, this guide will help you adjust your lifestyle to manage cortisol levels. It covers simple habits, and Dr. Cardinal's top supplement picks to build stress resilience and keep cortisol in a healthy range.

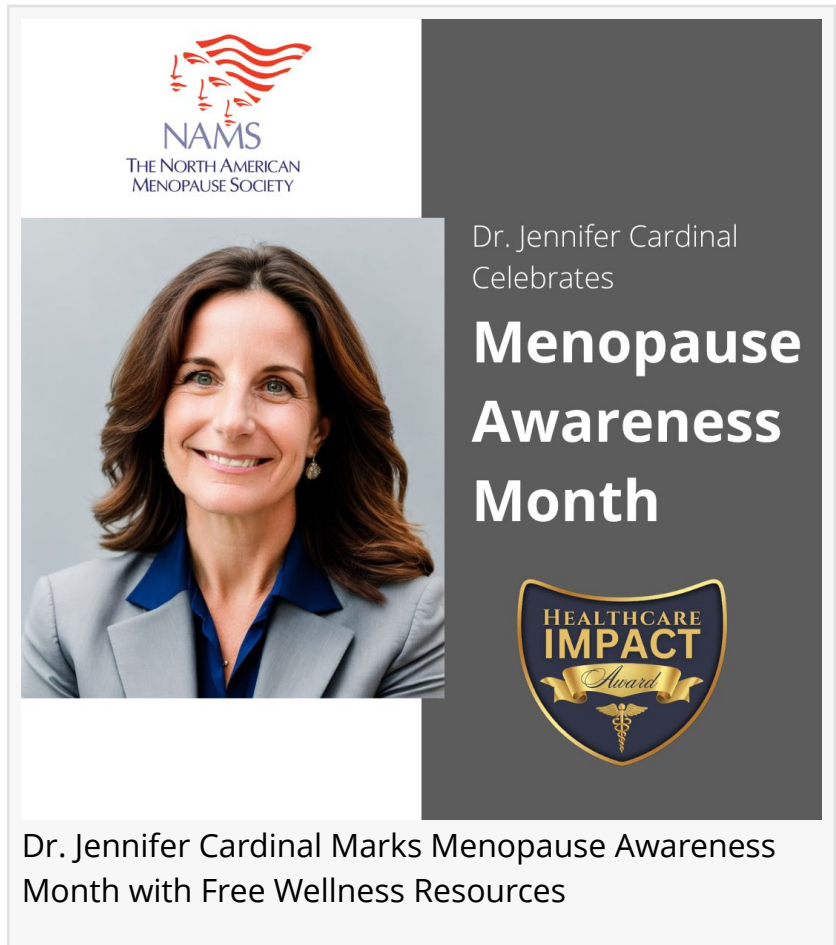
To access these free resources, visit the Wellness Vault on Dr. Cardinal's website at <https://www.hopehealthwellness.com/wellness-vault-freebies>.

**About Dr. Jennifer Cardinal:**

Dr. Jennifer Cardinal is a respected healthcare professional and advocate for women's health. As the founder of Hope Health & Wellness, she provides comprehensive care focused on empowering women to achieve optimal health and wellness. Dr. Cardinal is dedicated to helping women navigate the challenges of menopause with confidence and grace, and her recent HealthCare Impact Award highlights her continued contribution to improving community health.

For more information about Dr. Jennifer Cardinal and her services, visit [www.hopehealthwellness.com](http://www.hopehealthwellness.com).

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THE NORTH AMERICAN  
MENOPAUSE SOCIETY

Dr. Jennifer Cardinal  
Celebrates

**Menopause  
Awareness  
Month**

HEALTHCARE  
IMPACT  
Award

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