

The Monthly Lift

by Dr. Antigone Vesci

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Real stories, practical tips, and a laugh to keep you moving.

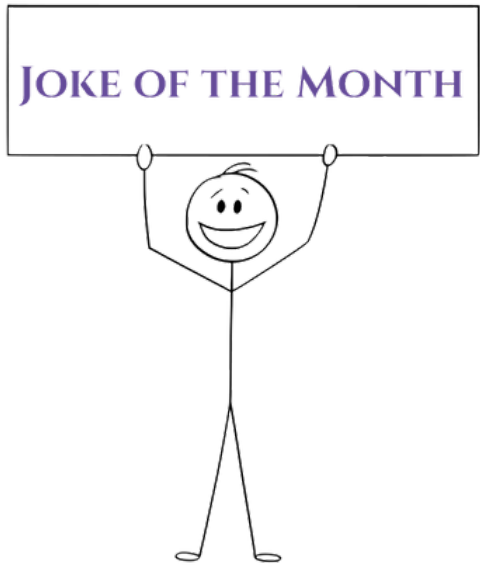
Her Aches Had A Hidden Cause: Perimenopause

Click the photo to hear her story!



Did you know that more than 70% of women experience muscle and joint symptoms during the transition?

[Here is the 2024 study.](#)



I’m playing this new game every day called “Am I dying or is this perimenopause?” It’s so fun.



MENOPAUSE MATTERS

An informative and empowering presentation to help you navigate menopause with confidence

WHERE Skokie Theatre · 7924 Lincoln Ave, Skokie, IL
WHEN Wednesday, Oct 14, 2026 · 4:30–5:30 PM
COST \$25

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Questions?
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Know someone who could use a comeback story of their own? Share this PDF with them.