

Women's Collection

Headspace released the Women's Collection, a collection of content that celebrates, supports and empowers all who identify as women.

This collection offers guided meditations and courses that support women in boundary setting, through menopause, body and health, and exploring the nuances of what self-empowerment can look like.

21 audio content pieces and 5 podcasts on topics including:

- Creating Safe Spaces, Boundary Setting
- Self Empowerment
- Body Health
- Embracing Menopause and Aging
- Self-Validating



Scan the QR code or access the link to join:

<https://work.headspace.com/miiawellaware/member-enroll>

Primary subscribers may invite up to 5 family members

Coming Soon! Headspace is launching a Fertility Journey collection to support members with takeaways and exercises to help navigate their mental health during one of life's toughest challenges.



Proprietary, Confidential, & Thoughtful

