Improving the Quality of Life *for Women*

Michelle The MamaCoach

NUTRITION | MOVEMENT | WELLNESS FACTORS | INTEGRATION

Evidence Informed Solutions, Zero Judgment

Michelle Kirk

Registered Nurse

GET IN TOUCH

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Website - Scan QR Code



FREE WORKSHOP

Date: Wednesday, November, 25th, 2026 at 7:00 pm

Location: Chinook Regional Library-Gull Lake

Join us for an evidence-informed session on nutrition, movement and wellness & how The Mama Coach Model can help support mid-life women.

No cost, no judgment - just practical support for you.



MICHELLE KIRK
THE MAMA COACH

REGISTERED NURSE | WOMEN'S HEALTH COACH

The Mama Coach
Est. 2015

Mission

As a Registered Nurse, I will provide dedicated care, customized support, and evidence-informed education for women through every stage of their journey

Services

Nutrition
Movement
Wellness Factors
Sleep
Sexual Health
Socialization
Integration
Women's Health Screening
HRT Referrals
AND MORE!

Connect

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WELCOME TO MY MAMA COACH *Community*

The Mama Coach is committed to Making Women's Health Easier. What does this mean? As a Registered Nurse and woman, I understand the challenges of perimenopause and menopause, having lived them myself. With years of nursing experience since I began my career in 1998, I offer empathetic support and personalized guidance to women navigating this transitional phase of life.

WHY I *Care*

Supporting women navigating perimenopause & menopause has become a deep passion of mine when I personally began encountering the challenges of this transitional phase. Even though I anticipated a smooth journey, it has been anything but, facing unexpected hurdles & have felt challenged to find evidence-informed support & solutions.

Motivated by these experiences, I made the decision to establish my own independent nursing practice, committed to providing tailored support and guidance to individuals navigating perimenopause and menopause. Through personalized care and ongoing support, my goal is to empower individuals to navigate this phase with confidence and resilience.

HOW I CAN *Help*

- Are you unsure where to start with understanding perimenopause and menopause? I will help guide you through our Mama Coach Model**TM**, creating a tailor-made program suited to making you feel your best.
- Are you Exhausted? Sleep can be greatly impacted by hormonal changes. I can help! With evidence-informed solutions I can get you sleeping (and feeling) better.
- Are you Battling Weight Gain? The solution is more than just "eat less and exercise more". I will help you learn which nutrition to include and which foods to reduce as well as movement that works for your body.
- Have you ever thought to yourself - I just have to Grin and Bare it? I can support you through the symptoms of perimenopause and menopause with proven strategies - because you deserve to find optimal health during this time of life!