

Subject Line: Hi, [FIRST NAME]! It's been a while!

Hi [FIRST NAME],

It's been a while since we've heard from you, and we just wanted to reach out and see what we can do to help. You've already taken the all-important first-step, and we're here to help guide and support you as you continue on your journey.

If you're still interested in learning more about your menstrual cycle and how you can support your body's unique processes all month long, we've got plenty of resources to help.

Not sure whether your cycle is normal? Take the [CLIENT] Period Health Assessment to find out.

Dealing with period pain or mood swings? Check out our downloadable resource library that can help you get more information on what's happening and plan next steps to take some action.

Wondering what hormone-free birth control options there are? Download our [CHARTING PACKET NAME] to learn more about coming off of hormonal birth control and how fertility charting can give you better insight into your own unique cycle.

We know that life can get busy, and that there is always something calling for your attention. We want to let you know that we're here whenever you're ready, and we look forward to being a part of your team as you work toward a healthier cycle and a more comfortable period.