



ENGAGING ENTERTAINING  
**INSPIRING**  
MOTIVATOR KNOWLEDGABLE  
**HONEST**

Catherine  
HANSEN M.D.



"Dr. Hansen's guidance, wisdom, insight, energy and deep caring felt like a journey inward. Awakened by her profound knowledge and passionate engagement of the audience, I am personally transformed. Life now has deeper meaning, joy, peace and promise. For this I am deeply grateful." - A.D.

"She takes a powerful, energizing and inspiring stand for women's empowerment that ensures a transformative experience for everyone she touches with her words" - M.B.

"Dr. Hansen is approachable, intelligent, generous and a truly authentic pathfinder in today's world" - E.B.



## RECLAIM YOUR LIFE

A Doctor's Guide to Health and Vitality for the Awakening Woman

Women are missing the memory-making moments of their life in pursuit of the perfect body, flawless skin and elaborate material things. Dr. Hansen sees women search unceasingly for answers externally; anything for a quick fix to feel better, look younger and grasp for happiness at all costs. Embracing the truth of what it takes to be physically healthy and soulfully happy in today's chaotic world, women return to the heart of their multiple roles as a powerful deity in their own life. Women provide the bedrock—it's time to own it!



## MEANINGFUL MENOPAUSE

Managing the Madness While Making Meaning in Midlife

Menopause is not a dirty word but sometimes women feel like they are going "mad" as their body betrays them, hormones rage and wrinkles appear. Drawing from over 20 years of clinical experience as a gynecologist, Dr. Hansen enlightens women about how this transition can be a time of transformation and renewal. Through intimate patient stories and humor, the raw truth about what is happening to your body is uncovered revealing a radiant new way to step into your power, reclaim your radiance and embrace your sensual side!



## A JOURNEY TO REDISCOVER INTIMACY

Restore your Relationship, Renew Your Soul

On a quest to help women find their inner sexy, Dr. Hansen shares openly the stories of women who walk into her office feeling broken and leave with an illumed awareness that lights the path to a deeply loving marital bond. Utilizing transparency and humor about her own marriage to an astronaut, Dr. Hansen explores the male brain, the relationship dynamic, couple communication and the truly sexy stuff that opens the door for couples to re-ignite their passion.

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After 25 years practicing medicine, Dr. Hansen is expanding beyond the office walls to help women rediscover the inner peace and outer joy of Reclaiming Life!

With hot and juicy information to share, she gives engaging presentations on topics that no one wants to cover but everyone needs to know. She has been interviewed by multiple media outlets, runs a Woman to Woman column, shares a revealing Wellness Blog and has created several community and on-line programs that reach out with powerful, usable, safe and effective health and wellness information for women of all ages and stages of life.

Dr. Hansen completed a residency in Obstetrics and Gynecology followed by a fellowship in Sexual Health, a Certification in Menopause and a strong alignment with an integrative approach to care. After realizing her strong desire to educate, she completed a Master of Public Health at Johns Hopkins University and has witnessed life-changing results as Founder of the Empowered Women's Circle, a global community for professional women.

Married to Canadian Astronaut, Jeremy Hansen, and blessed with three amazing teenagers, the entire family enjoys outdoor life, night swimming and searching for satellites among the stars.

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