

THE WOMEN'S *Vitality* CENTER

CORE BELIEFS

WE BELIEVE...

WE BELIEVE VITALITY IS YOUR BIRTHRIGHT

We believe that all women+ deserve to feel great in and about their bodies and vital throughout all stages of life. We believe that you can be the best version of yourself at any age when you have your health and your hormones supporting you.

WE BELIEVE THAT YOU ARE VITAL TO THE WORLD AROUND YOU.

We believe that when women+ are empowered and their voices are uplifted there will be more balance throughout society. Everyone has a positive difference to make and whether your focus is on your family, your community, or the world at large, we are here to help you have the health, energy and hormone balance you need to make your greatest impact.

WE BELIEVE IN GENDER INCLUSIVITY.

We are a team of women's health and hormone experts who value inclusivity and welcome all people no matter their gender identity. We use the term women+ with the "+" sign as a way to be inclusive of different identities around gender such as cisgender women, transgender women, non-binary assigned female people, gender fluid people, and others who are underserved in our patriarchal medical system. We see you and we know how vital you are!

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WE BELIEVE IN BEING AN ANTI-RACIST ORGANIZATION.

We believe in providing respectful and effective health care for our BIPOC patients and a welcoming experience for all people of color in our community. We acknowledge that the system of white supremacy impacts the health of our patients in different ways, and seek to mitigate that impact. Our team is committed to ongoing conversation, education, growth and healing.

WE BELIEVE IN EXPANDING ACCESS TO HEALTHCARE.

We believe in making our resources, knowledge and expertise available to as many people as possible. We are continually asking ourselves how our organization can support people in a variety of ways and how we can make accommodations for people with different needs. We are always open to receiving feedback from our community and continually ask ourselves how we can make high quality health care available to more people regardless of race, color, religion, sexuality, gender, ability or socio economic status.

WE BELIEVE IN PATIENT EMPOWERMENT.

We believe in patient-centered care where each individual is heard, seen, and validated. Too many women+ are brushed off by their doctors and told that "everything is normal" even when they are suffering. We believe that you deserve respect and have the right to make informed choices about your body, and for your health. We believe that healing looks different for each person and that "optimal health" is for you to define for yourself. You know your body better than any health care provider ever can.

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WE BELIEVE THAT STRESS NEEDS TO BE ADDRESSED.

We believe that stress is a significant root cause in most hormonal imbalances and health concerns. We have seen that societal issues, work pressures, and personal life challenges can all contribute to negative health outcomes. Stress management is fundamental to our approach and we are committed to helping you build physical and emotional resilience, shift your mindset around the stressors in your life, and develop healthy coping strategies so you can better care for yourself when stress shows up.

WE BELIEVE THAT HEALTH IS A LONG GAME.

We believe that the health journey unfolds over time. We know that true health care goes beyond having a doctor's visit, a basic lab test and a cookie cutter treatment plan. We believe in partnering with our patients so we can be here supporting you each step of the way, addressing new concerns as they arise, and making adjustments to fine tune along the way. We know that sustainable and lasting lifestyle changes are necessary to achieve and maintain long term health goals. We support the concept of "progress not perfection" and recognize that mindset and the mind-body connection are key to building an upward spiral of health.

WE BELIEVE IN THE POWER OF COMMUNITY.

We believe in the healing power of community and the importance of lifting each other up. You are not alone on this journey! When women+ are surrounded by other women+ who are working to reclaim their vitality, they strengthen their sense of belonging, shine brighter, and have more success in achieving their goals for health and in life.