

# The Menopause Journey: Navigating with Knowledge

## Learn from leading experts

Join our workshop series for women navigating perimenopause and menopause. Gain insights into the physical, emotional, and mental changes of this transition.



Christina Metcalf, PhD



Lindsay Lebin, MD

Workshop 1: The Science of Menopause: What's Happening in Your Body

Workshop 2: Hot Flashes & Sleepless Nights: Tackling Vasomotor Symptoms

Workshop 3: Mind Over Menopause: Understanding Mood & Cognition

Workshop 4: Embracing Change: Health Shifts & What's Next

4 week  
program

Tuesdays: 12-1pm MST  
Virtual on Zoom

\$100

New sessions each month

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