

# THE MENOPAUSE JOURNEY: NAVIGATING WITH KNOWLEDGE

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

## WHAT YOU WILL LEARN:

- 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-WEEKS | VIRTUAL | \$100**  
**OFFERED EVERY OTHER MONTH**  
**TUESDAYS 12-1PM MST**

**SCAN TO REGISTER  
& LEARN MORE:**



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**LEARN FROM OUR  
LEADING EXPERTS!**



Lindsay Lebin, MD



Dana Beall Brown, PhD



University of Colorado  
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School of Medicine