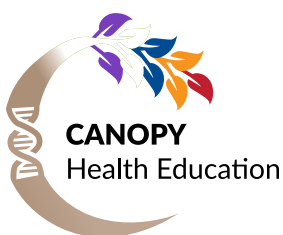


MENOPAUSE: **Empowering women to thrive through transition**



September 20th – December 31st 2024



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Program

Rodney J Baber – Managing women’s musculoskeletal health at menopause and beyond

Ceri Cashell – Hormones across the life cycle: How sex hormones affect mental health from teens to menopause and beyond

Sonia Davison – Menopause and the role of menopausal hormone therapy

Lara Owen – Menopause and the world: The impact on clinical practice of the politics and culture surrounding menopause

Mahri Relin – Harmonising body and mind: Mastering mental health in the perimenopause journey

Maria Voisin – Redefining exercise paradigms for midlife health: Embracing muscle building as a vital strategy

Laurel Wilson – The 3AM conundrum: Understanding sleep physiology in menopause

Cecily Yousaf – Optimising menopause and perimenopause with nutrition

Speakers

Rodney J Baber BPharm MB, BS, FRCOG, FRANZCOG

Rod Baber is clinical professor of obstetrics and gynaecology at The University of Sydney and is head of the Menopause and Menstrual Disorders Clinic at Royal North Shore Hospital. He is a past president of The International Menopause Society (IMS) and The Australasian Menopause Society and recently stood down as editor-in-chief of Climacteric, the journal of IMS. He has over 140 publications in peer reviewed journals. He was awarded a member of The Order of Australia for services to Obstetrics and Gynaecology in clinical medicine and research and The RANZCOG Distinguished Service medal.

Ceri Cashell MBChB, MRCP, MRCGP, FRACGP

Dr Ceri Cashell is a GP and practice owner in Avalon, Sydney. She has a special interest in women's hormonal health including PMDD, perinatal depression, perimenopause and menopause. She is a passionate advocate for improved awareness for the public, better education for medical professionals and equal access to treatment for all.

Sonia Davison MBBS FRACP PhD

Dr Sonia Davison is an endocrinologist with a special interest in women's health. She is a clinical fellow at Jean Hailes for Women's Health and has worked at the Women's Health Research Program, Monash University, Victoria, Australia. Sonia is in private practice at the Melbourne Endocrine Clinic, and at Jean Hailes for Women's Health. Her PhD and postdoctoral research examined sex steroid physiology in women, including measurement of androgens and their relationships with age, mood, sexual function and cognition. Sonia is past president of the Australasian Menopause Society and former editor of its newsletter, 'Changes'.

Lara Owen PhD

Dr Lara Owen holds a PhD in menstrual organisation, is a founding member of the Menstruation Research Network and an honorary research fellow at the University of St Andrews. She has consulted for global institutions, corporations, governments, and the third sector. She lectures internationally and teaches a master's level course in contemporary menstrual studies. She is the author of the book *Her Blood Is Gold*. Her next book *Reorganising Menstruation: Menstrual Innovations and the Redistribution of Boundaries, Capitals and Labour* is due out in August 2024.

Mahri Relin MA, CPT, Corrective Exercise Specialist, Certified Health and Wellness Consultant

Mahri Relin studied neuroscience and psychology at Williams College and Oxford University and clinical neuropsychology at SDSU/UCSD. She secured a master's degree in clinical psychology before deciding to take a detour to dance professionally in musical theatre around the world. She developed her unique dance-inspired fitness method, *Body Conceptions*, through extensive research with a focus on women's health during pregnancy, postpartum recovery, fertility, and perimenopause. She is pursuing a second master's degree in clinical mental health counselling.

Maria Voisin NASM CPT, CES PP Pilates Certified, IIN Certified Health Coach

Maria Voisin is a NASM certified personal trainer with a Corrective Exercise Specialisation, a Power Pilates 600 hr Full Comprehensive Certified Instructor. She was a professional ballroom and Latin dancer for over 15 years. Maria is certified as a health coach through the Institute of Integrative Nutrition. She has been training clients for over 3 decades, specialising in women's health and women's dance groups. She had taught and

performed internationally, and hosted her own retreat in the mountains of North Carolina. Maria lives on a homestead in the North Georgia mountains.

Laurel Wilson IBCLC, RLC, INHC, BSc, CLSP, CLE, CLD, CCCE, PPFE Integrative Nutrition Health Coach, Certified Menopause Practitioner

Laurel has spent thirty years educating and supporting women throughout the various life cycles as a doula, lactation consultant, perinatal educator, international speaker, author, yoga instructor, travel guide, and wellness coach. During her experience in the transition time of life (perimenopause), she realised how many women feel estranged and wish for community AND answers during this time. This led to her desire to be a transition mentor and offer education, coaching, and menopause retreats to support women.

Cecily Yousaf DOM, MSOM, LAC, CNC, CLE, FABORM

Dr Yousaf is a doctor of medicine, licensed acupuncturist and nutrition counsellor. She began her practice helping patients achieve optimal hormone balance in 2006. Her evidence-based practice combines functional medicine and Eastern medical techniques with nutrition and guidance on sleep and exercise. She is skilled in treating menstrual irregularities, fertility, endometriosis, PCOS, lactation issues, and menopausal symptoms. In her public speaking career, she teaches navigation through the healthcare information deluge of today. She is fellow of Reproductive Medicine and founder of Fertile Ground Healthcare.

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Who should attend this conference?

This conference is for health professionals working with perimenopause/menopause and beyond – nurses, gynaecologists, GPs, nurse practitioners, pharmacists, dietitians, nutritionists, mental health professionals, physical therapists and in fact, anyone working with women in this phase of life.

Prices:

Full Price: \$180

Earlybird Price: \$149

(if registered before August 31st 2024)

Group price: \$140 for groups of 5 or more

Student/unwaged: \$140



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