

Navigating the Change: Nutrition Strategies for the Menopause Transition

March 24, 2026
10:00-11:30am MT

Between the symptoms and the online misinformation, the menopause transition can feel like a complicated time. Led by a registered dietitian, this presentation explores how adjusting eating habits can help manage symptoms and improve health for midlife and beyond.

****Please note that this session will not be recorded or uploaded to our website.**



Learning Outcomes:

- How hormone changes in the menopause transition affect nutrition and health
- A healthy eating pattern for managing symptoms and promoting long-term health
- More lifestyle tips to complement a healthy eating pattern
- Practical, budget-friendly ways to adjust eating habits

Speakers:

Nicole Giacobbo, Registered Dietitian (RD), is the owner of Nico Nutrition Inc., a private practice located in Edmonton, Alberta. She has previously volunteered with the Yellowhead Tribal Council as a nutrition student.



Target Audience: Women in the menopause transition who want to manage symptoms and learn ways to improve long-term health.

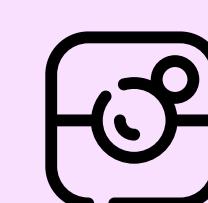
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