

Menopause: Understanding the Transition & Supporting Whole-Person Health

March 19, 2026

1:30-3:00pm MT

Menopause is a natural life transition that can bring physical, emotional, and cognitive changes, yet it remains poorly understood and often under-discussed. This session will provide clear, culturally respectful, evidence-based education about perimenopause and menopause, common symptoms, and available supports, while creating space for understanding, validation, and empowerment for those navigating this stage of life.



Learning Outcomes:

- Understand what perimenopause and menopause are, and how they may affect the body, mood, sleep, and overall wellbeing
- Recognize common symptoms and understand why experiences can vary widely from person to person
- Learn about treatment and support options, including lifestyle, medical, and non-medical approaches
- Feel more confident seeking support, asking questions, and supporting others through the menopause transition

Speakers:

Dr. Esnielle Brooks, MD, CCFP, NCMP - Founder & Medical Director, The Menopause Clinic.

Founder of the WellPause Collective. Dr Brooks is a Canadian Family Physician and Certified Menopause Practitioner with advanced training in menopause medicine and women's midlife health.



Target Audience: Community members experiencing perimenopause or menopause symptoms; Family members and caregivers supporting someone through this transition; Health centre staff, community health workers, and wellness coordinators; Anyone interested in learning more!

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