

Is it Me... Or My Hormones?

April 28, 2026

10:00-11:30am MT

This webinar offers a clear, practical look at how to navigate midlife hormonal changes with confidence and a stronger sense of control over your health. You will learn what is driving common symptoms and explore a full spectrum of support options, including non-pharmaceutical approaches like targeted supplements, nutrition, and mind-body therapies, alongside evidence-based medical treatments when appropriate. This session will also cover the right lab testing so you can better understand your body and make informed, personalized decisions about your care.



Learning Outcomes:

- A clear understanding of hormonal changes
- Actionable tools to improve sleep, mood, and energy
- Guidance on both natural and medical treatment options, including when hormone therapy may be appropriate

Speakers:

Dr. Tammy Lalonde - Doctorate of Acupuncture and Chinese Medicine, MSCP, is the Chief Clinical Officer at Red Leaf Wellness, where she leads a team of clinicians specializing in hormone health for menopause, andropause, and ADHD. With over a decade of clinical work in acupuncture, herbal medicine, and hormone health, Tammy blends Eastern and Western approaches to support whole-body wellness. She also brings more than 15 years of experience as a paramedic, having served communities across Northern Alberta and Maskwacis, including Fox Lake, John D'Or Prairie, Garden River, Atikameg, and surrounding areas.



Target Audience: Anyone struggling with fatigue, weight gain, brain fog, or low libido due to hormone imbalances; those who feel dismissed or unheard by traditional healthcare providers; those who are tired of waiting and want a clear, science-backed path to hormone balance; individuals seeking personalized hormone health support tailored to their needs.

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22814>

To access this session from zoom:
<https://fntn.zoom.us/j/83159258105>
Meeting ID: 831 5925 8105
Passcode: 724423

Please select "join meeting as an Attendee", once logged-in

To access this session from an audio line:
1-587-328-1099
Meeting ID: 831 5925 8105
Passcode: 724423

• • • • •
First Nations
Telehealth Network
WWW.FNTN.CA
1.888.999.3356
VCHELP@FNTN.CA



@FNTNAB



To join via internet browser

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 831 5925 8105

3. Passcode: 724423

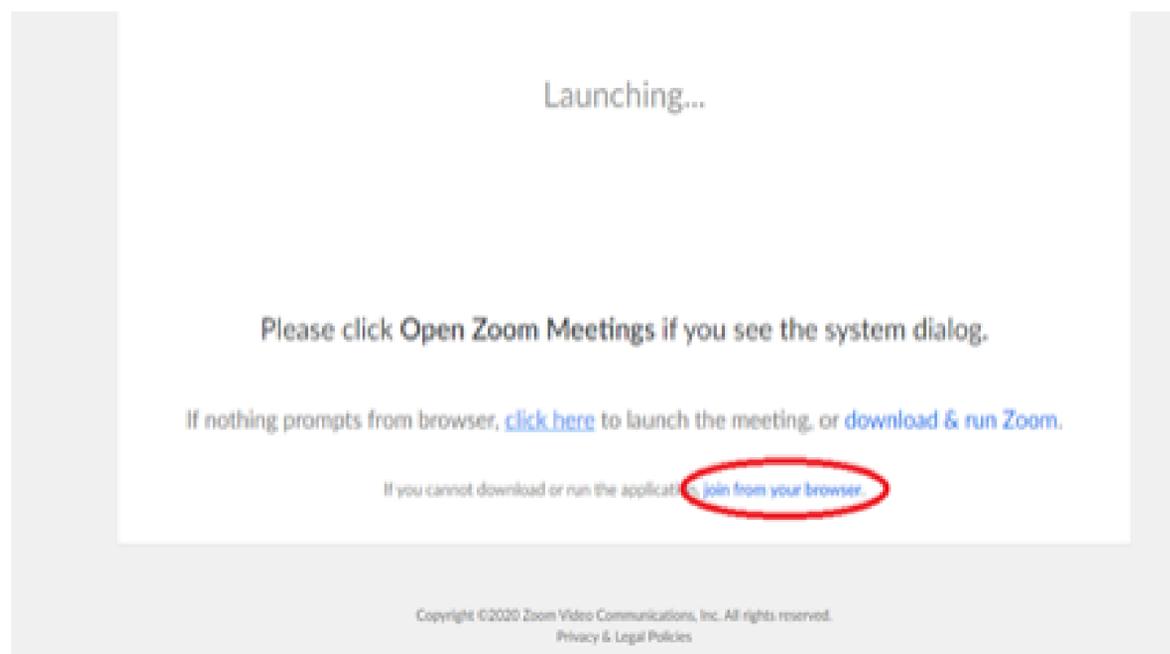
4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.

If nothing prompts from browser, [click here](#) to launch the meeting, or [download & run Zoom](#).

5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:

<https://fntn.zoom.us/join>

2. Enter Meeting ID: 831 5925 8105

3. Passcode: 724423

4. Choose "download and run Zoom"

5. An executable file will be download, please run the file

6. After the file has been installed, you will be ask to enter your "email" and your "name"

7. You will now join the webinar, by default all attendees of the webinar are muted.