



FAMILY CENTRE PRESENTS

LET'S TALK MENOPAUSE

We're thrilled to announce that ONCE AGAIN the Family Centre WILL OFFER The M Factor Six-Part Expert Series: Everything You Need to Know About Menopause!

This exclusive series features deep-dive conversations with experts, covering the most important menopause topics. You'll get real answers and gain a deeper understanding of how menopause impacts your body, from brain health to hormones and long-term wellness.

What to Expect

In our upcoming Let's Talk Menopause sessions, we'll be sharing valuable insights and practical strategies from The M Factor series. Whether you're in perimenopause, postmenopause, or just starting to notice changes, these expert-led conversations will empower you to:

- Navigate menopause with confidence
- Take control of your health
- Gain a deeper understanding of the science behind menopause

Mark your calendars and get ready to join the conversation! Registration is required



Incoming Biweekly Sessions:
Monday's 12pm - 1pm

September 29, 2025 - In-Person
October 20, 2025 - Zoom
November 3, 2025 - Zoom
November 17, 2025 - In-Person
December 8, 2025 - Zoom
January 12, 2026 - Zoom
January 26, 2026 - Zoom
February 9, 2026 - In-Person
February 23, 2026 - Zoom
March 9, 2026 - Zoom
March 23, 2026 - In-Person
April 20, 2026 - Zoom
May 11, 2026 - Zoom
May 25, 2026 - Zoom
June 15, 2026 - In-Person

Let's Talk Menopause Series -
2025/2026



UM | Rady Faculty of
Health Sciences