

Menopause unmasked: Supporting women through the transition

2025 Understanding Your Wellbeing Webinar Series



Whether you're ready to embrace it or feeling uncertain, **menopause is a natural stage every woman will experience.** Menopause may feel like entering a new city without a map—unfamiliar, unexpected, and sometimes unnoticed until you're already through it.

At Univera Healthcare, we want to be right here for you through every step of this journey. As part of our 2025 wellbeing webinar series, we are hosting a live **"Menopause Unmasked: Supporting Women Through the Transition"** webinar.

This informing and empowering webinar, hosted by **Dr. Kathleen Robischon**, will help you better understand menopause, navigate its changes, and feel supported every step of the way. The 45-minute webinar will cover:

- Understanding the menopausal transition
- Common menopause symptoms
- Tips to help you cope with menopause symptoms
- Staying healthy during menopause
- Menopause and work
- Additional benefits and resources offered by Univera Healthcare to support your health and wellbeing*



We are **[right here. For you.]**

We hope you can join us to learn more about ways to support your wellbeing.

Webinar date: **Wednesday, October 22**

Webinar time: **Noon – 12:45 p.m.**



To **register** for the upcoming webinar, please scan the QR code or click [here](#)



Right here. For you.