

Real Talk For Women 50+ Speaker Schedule

July 18: Day 1

- Menopause, Depression And How Hormone Treatments Can Be Affective For Mental Health - Professor Jayashri Kulkarni
- How to Put the Brakes on Survival Mode and Reclaim Your Life - Shelbie Long Curry

July 19: Day 2

- Estrogen: What You Need to Know - Mache Seibel, MD
- 3 Surprising Ways Menopause Causes Anxiety and What To Do About It - Elizabeth Scarcella

July 20: Day 3

- How hormones affect menopause weight gain during the period of estrogen dominance and what women need to start doing differently in the 2nd half of their lives - Dr. Susan Hardwick-Smith
- How to Get Back to Sleep - Caryl Ayearst

July 21: Day 4

- Hormone Balance in Perimenopause and Beyond - Suzannah Bianco
- Menopause & Movement - Jackie Grant

July 22: Day 5

- It's time to talk about menopause at work - Mel Kettle
- Menopositive - Gillian Bower

July 23: Day 6

- How gut health impacts hormones and metabolism - Bonnie Flemington
- Top 3 things that contribute to inflammation and joint pain - Deb Murias

July 24: Day 7

- How Women in Perimenopause Use Ayurveda to Increase Energy and Metabolism. - Laura Viale
- Overcoming Emotional Eating & Self Sabotaging Behaviors - Jessica Kishpaugh

July 25: Day 8

- Younger With Food - Joanna Bowen
- Getting Better Sleep in Menopause - Kim Martin

July 26: Day 9

- Restore Your Core After 40 & 50 - Monika Tupholme
- The Secret to a Long-Lasting Strong Pelvic Floor - Julie Demers

July 27: Day 10

- Menopause in the Workplace - Julie Dennis
- Why successful women over 50 struggle with food obsession leading to weight gain (and what to do about it) - Cassie Christopher

July 28: Day 11

- Off the Scale and Into your Life: Lose weight, differently - Helen Birney
- Stop Over-Complicating the Weight Loss Process - Caitlyn Russell

July 29: Day 12

- Menopause - what you don't know can hurt you - Jacquie Court
- The right kinds of exercise to help with muscle mass retention, bone density, and body composition as well as all the other heart and brain benefits of the right kinds of exercise.
- Helen Blair

July 30: Day 13

- Step Into Your Next Level Fabulous Body - Beverly Whitlow
- We Become What We Think About - Kate McDowell

July 31: Day 14

- How Skin can give Clues to Hormonal Changes before it's too late - Vicky Jamieson
- "burnout" proof their smile! Perimenopausal/menopausal women struggling with their oral health despite doing their best at what's recommended - Heather Ling Medelros

Aug. 1: Day 15

- Thrive Beyond Now: 3 step Method to your Next Breakthrough - Dr. LaReesa Ferdinand
- Self-Care is the Answer to Everything (You Desire!) - Sherri Danzig

Aug. 2: Day 16

- Hormones, Thyroid, and Weight loss - proper testing for optimal metabolic function - Alane Wincek
- Why 50+ is Prime Time For Making Eating Habit Changes - Kitty Broihier

Aug. 3: Day 17

- The Best Way to Eat Before, During, and After Menopause - Elizabeth Ward
- chronic conditions, when pain is involved, fibromyalgia, the centralized pain response - Jillian Maierhofer

Aug. 4: Day 18

- Unleash Your Confidence & Become Unstoppable - Michelle Bateman
- Weight loss after 50 - Tami Adkison

Aug. 5: Day 19

- How to Stay Active and Pain-Free After 50 - Lauren Mayhew
- Managing Menopause Naturally - Melissa Ayres

Aug. 6: Day 20

- What's next after menopause: the most important part, the rest of your life - Barbara Taylor, MD
- Weight loss myths we grew up with - Cherie Schwartz