

**NAMS Menopause 101 @ Transforming Women's Health**  
**June 8, 2023**  
**Westin Chicago River North**

**Times listed are Central time zone**

**THURSDAY, June 8, 2023**

1:00 pm – 1:30 pm	Menopause 101 <i>Monica Christmas, MD, NCMP</i>
1:30 pm – 2:00 pm	Hormone Therapy Risks and Benefits <i>Stephanie Faubion, MD, MBA, NCMP</i>
2:00 pm – 2:15 pm	Q&A
2:15 pm – 2:45 pm	Mood Changes in Midlife Women <i>Pauline Maki, PhD</i> <i>University of Illinois at Chicago</i>
2:45 pm – 3:15 pm	Midlife Weight Gain <i>Ekta Kapoor, MBBS, NCMP</i>
3:15 pm – 3:30 pm	Q&A
3:30 pm – 3:45 pm	Break
3:45 pm – 4:15 pm	Cardiovascular Health <i>Chrisandra Shufelt, MD, NCMP</i>
4:15 pm – 4:45 pm	Sexual Health <i>Juliana (Jewel) M. Kling, MD, MPH, NCMP</i>
4:45 pm – 5:00 pm	Q&A
5:00 pm	Adjourn