

**Transforming Women's Health
June 11-13, 2026
Westin Chicago River North**

The Menopause Society's Menopause 101

Thursday, June 11, 2026 - Optional Workshop

Times listed are Central time zone

6:20 am – 6:50 am	Menopause 101 Registration Coffee and Bagels
6:50 am – 7:00 am	Welcome Announcements
7:00 am – 7:30 am	Menopause 101 Taryn Smith, MD
7:30 am – 8:00 am	Menopausal Hormone Therapy 101 Stephanie Faubion, MD, MBA
8:00 am – 8:15 am	Q&A
8:15 am – 8:45 am	Weight Management During Menopause Ekta Kapoor, MBBS
8:45 am – 9:15 am	Menopause and CV Risk Chrisandra Shufelt, MD
9:15 am – 9:30 am	Q&A
9:30 am – 9:45 am	Break
9:45 am – 10:15 am	Sexual Health Monica Christmas, MD
10:15 am – 10:45 am	Mood, Sleep and Cognitive Function Across the Menopause Transition Makeba Williams, MD, MSCP, FACOG
10:45 am – 11:00 am	Q&A
11:00 am	Adjourn Lunch provided