



## Menopause 101 Webinar:

# Looking Ahead for Long-term Health

Menopause is a natural transition that brings changes to the body over time, including shifts in bone and cardiovascular health. With the right information and support, you can make a meaningful difference to your well-being for the years ahead. Join Progyny alongside a menopause specialist to learn about the stages of menopause, long-term health considerations, and how Progyny can help.

### Join this session with Progyny alongside a menopause specialist to learn:

- Common menopause symptoms and available treatment options
- How hormonal changes during menopause affect long-term health
- Strategies you can incorporate now to take care of your future well-being
- Available care through Progyny to help you find relief
- Answers to your top questions with a live Q&A

Learn how your Progyny benefit can connect you to personalized support and the care you deserve.

## Wednesday, June 10 | 3:00 pm ET

**REGISTER TODAY**



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register



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**Call Progyny at 888.597.5065.**

**Visit our [benefits site](#).**

To access the Progyny benefit, you must be enrolled in an eligible plan through your organization.