



Menopause 101 Webinar:

Brain fog, mood, and mental wellness

Hormonal shifts experienced during peri/menopause can cause frustrating mental and emotional symptoms, including mood changes, anxiety, depression, and brain fog. Join Progyny alongside a menopause specialist and a reproductive psychiatrist to discuss common cognitive changes, stress-relief techniques, treatment options, and how Progyny can help.

Hear from a menopause specialist & reproductive psychiatrist to learn:

- Common menopause symptoms & available treatment options
- Causes of cognitive, mental, and emotional changes
- Stress-relief strategies and lifestyle changes for mental health
- 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 care you deserve.

Wednesday, May 20 | 3:00 pm ET

REGISTER TODAY



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[Click here](#) to visit our benefits page.

Call Progyny at 888.597.5065.

To access the Progyny benefit, you must be enrolled through your organization.