

EXCLUSIVE LIVE WEBINAR

**Menopause Misinformation:
Separating Health from Hype
in the New Year**

PRESENTED BY
Val Schonberg
MS, RDN, CSSD, LD, NCMP, FAND

January 11, 2023
2-3:30pm ET

**EARN
1.5 CEUs**

Menopause Misinformation: Separating Health From Hype in the New Year

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Organization:

- The North American Society - [Menopause.org](https://www.menopause.org)
- The International Menopause Society – [imsociety.org](https://www.imsociety.org)
- Hormone Health Network: Menopause Map – [endocrine.org/menopausemap](https://www.endocrine.org/menopausemap)
- The Academy of Eating Disorders – [aedweb.org](https://www.aedweb.org)
- The Female (and Male) Athlete Triad Coalition – [femaleandmaleathletetriad.org](https://www.femaleandmaleathletetriad.org)

Supplemental Readings:

- *The Menopause Manifesto* by @DrJenGunter
- *Managing Hot Flashes and Night Sweats: A CBT self-help guide to the menopause* by Myra Hunter and Melanie Smith
- *The Intuitive Eating Workbook* by Evelyn Tribole and Elyse Resch
- *Pursuing Perfection: Eating Disorders, Body Myths and Women at Midlife and Beyond* by Dr. Margo Maine and Joe Kelly
- *Hormones, Health and Human Potential: A Guide to Understanding Your Hormones to Optimize Your Health and Performance* by Dr. Nicky Keay