

Statistics show that getting informed about menopause reduces the severity of symptoms. These professionals are thrilled to provide you with the latest options!

Be FABULOUS@50! Refreshing your Body, Mind and Spirit.

If not now... then when? Pondering this thought provoking question at a vulnerable point in her midlife years, compelled entrepreneurial visionary, Dianna Bowes, to make a powerful life change. Recognizing that women of a "certain age" are simply without any outlet or support for their passions, and interests, Dianna decided to remedy the situation. Thus the innovative Fabulous@50 brand was born, quickly becoming a driving force in uniting and empowering female baby boomers to refresh their body, mind and spirit.



Dianna Bowes is an inspirational speaker, founder and director of the annual trade show Fabulous @ 50 and publisher of emagazine Be Fabulous! She is celebrating the recent release of her new book: "The Fabulous@50 Re-Experience."

Embrace your Second Spring Naturally with Chinese Medicine

(Acupuncture)

Brenda Kohut will be speaking on how Chinese Medicine views menopause as a 'Second Spring'. It should be seen as a natural transition and not as a medical condition. Chinese medicine is individualized, safe and effective and can be used preventatively.



menopausal transition.

Brenda Kohut R.Ac. Doctor of Acupuncture Brenda is a graduate of the three year Diploma Acupuncture Program at Grant MacEwan University in Edmonton and the two year Diploma Shatsu Massage Program at the Shatsu School of Canada in Toronto. She has been practicing in the field of complementary health care for over 15 years and has continued her studies in women's health with regards to

Menopause Diet: Nourishing your Changing Body

In this session Bianca will get you started with the nutritional and supplemental practices that support happy hormonal health and balance.



and nutrition should be fun and exciting; and that healthy food should always taste delicious.

Bianca Osbourne is a professionally trained chef and certified holistic nutritionist, whose mission in life and business is to nourish people. Bianca believes that learning about food

Transitioning through Menopause Naturally: The Role of Bioidentical Hormones and Natural Health Products.

Award winning Dr. Lara Armstrong, ND, will draw from her extensive clinical experience with hormone balancing to provide treatment options to woman going through menopause. She will dispel misinformation and provide a clear understanding of bioidentical hormones and traditional hormone replacement therapies as well as other natural treatment options that provide benefit to many women as they transition through menopause. Discussion on hormone testing options and monitoring treatment will also be provided.



Dr. Armstrong, is a member of the College of Naturapaths of Ontario. She maintains private practice in both Ancaster and Hamilton and has been the recipient of the Diamond Award for "Best Naturapath" in the Hamilton's Readers Choice for the last 6 years.



meno MISSION

Fashion, Menopause and You!

Has menopause affected the shape of your body? Perhaps your jeans don't fit as well as they used to, or your favorite little blouse doesn't give you that 'look' or confident feeling anymore? At 50+ our bodies change, and so do our attitudes. Embrace your changing body with clothing to give yourself that confident smile and wink when you look at yourself in the mirror.



women to take on life with a whole new attitude.

Menopause: Sexy Body Secrets For Sexual Energy (Physiotherapy)

Traci Belyk, will introduce you to numerous ways you can use your own body's abilities and energy to improve your sexual function and satisfaction. Knowledge is pleasure and power.



Traci Belyk, a registered nurse and pelvic health physiotherapist with CURA Physical Therapies maintains an active practice and is an instructor for public health sessions "Be in Control" and post partum pelvic health sessions for new moms.



meno MISSION

Empower yourself with the right tools to ease your journey through menopause!

All women understand aging is a natural process of life. Aging well is an integrated process of body, mind and soul. Each part plays an important role in how well the other parts function as we age.

Anita Dyrbye, founder and CEO of From The Earth Naturally Ltd. And The Menomission® is host and sponsor of the first Menopause day. Anita is on a mission on behalf of all women—including herself—going through menopause, she believes in empowering and educating women to plan and prepare for their menopause. Anita will share her journey as well as many of the local resources, services and products available for women today. Anita has over 22 years experience in the herbal industry both in research, development and manufacturing of Canadian produced natural health products setting a new standard for "natural and clean"



Menopause and Your Spouse Strengthening Your Relationship

Maintaining healthy relationships while going through menopause can be a rollercoaster ride. In this session psychotherapists, Lorraine and Sherry will provide key insights of how to re-connect and build a healthy, happy relationship during this powerful stage of life.

Lorraine Nicely, M.R.E., MTh & Psychology.

As a Psychotherapist with over 30+ years of experience, Lorraine's embraces a holistic approach in relationships between people and the environment. Lorraine works facilitating at a self-sustainable retreat lodge located just outside of Devon helping individuals, couples & families.



Sherry Bilida, BA (Psych), MPS (CAN)
In addition to her BA in Psychology from the University of Alberta, Sherry also has her Masters of Psychotherapy and Spirituality from St. Stephen's College and is in clinical practice at Corner Stone Counseling and also at Community Counseling in Edmonton.

Menopause Exercise Musts!

All health specialists advocate exercise as a means to improve your overall quality of life and easing your transition through menopause. Holly will highlight today specific exercises which can reduce stress, manage weight, build and maintain muscle mass and improve your energy levels.

Holly Evans is a Certified Personal Fitness Trainer, Group Exercise and Bellydance Instructor in Edmonton. She received her Personal Fitness



Trainer Certification from NAIT in 2000, and is ALFCA Certified. Holly strives to help women truly understand how their body works during exercise and how to exercise safely and effectively. She wants women to feel strong and love their bodies!

Fighting Menopause? Come Into Flow with Your Hormones, Rhythms, and Well-Being with Yoga

In this fascinating talk, Kate Case guides you to make the connection between yoga therapy and the different mental, emotional, and physical strengths related to your natural hormonal fluctuations throughout menopause.

Kate Case is an expert in women's wellness and soul



connection. She guides dedicated women who want to understand their bodies' natural rhythms, achieve hormonal balance, heal pain, and connect deeply within. Kate's profound work integrates the ancient healing arts of yoga and yoga therapy, Thai massage, Taoist/Chinese Medicine, the Sacred

Feminine, Ayurveda, Eastern energy anatomy, and Nature's medicine. She offers private customized healing and hormone balancing programs, specialized yoga and soul journeys, and more. Kate's approach is powerful, yet non-nonsense, helping women awaken their sacred selves as an essential part of feeling alive, connected, and purposeful.



menomission.com

EDMONTON'S MENOPAUSE DAY

May 1st 10 am - 4 p.m. Chateau Nova Hotel
13920 Yellowhead NW and St. Albert Trail,
Edmonton

Tickets \$28 at Eventbrite
Or \$35 at the door.
Lunch Included

Join us for a full day of comprehensive workshops.
Discover innovative solutions with conventional
and alternative options for managing your
menopause all under one roof!



Empowering women to take control
of their *menopause-naturally!*



menomission

Sponsored by Fabulous@50 and The Menomission (an online women's support community)

menopausemission.com St. Albert Alberta info@vivacaret