

The Menopause Modules Presents:

UPCOMING MENOPAUSE ESSENTIALS WORKSHOPS

TOPICS COVERED:

- HORMONE BASICS
- POTENTIAL SYMPTOMS
- DOWNSTREAM HEALTH IMPACTS
- HORMONE AND NON-HORMONE THERAPY OPTIONS
- LIFESTYLE MEDICINE
- THE WOMEN'S HEALTH INITIATIVE*

*Covered in 3-hour workshops, only



OCTOBER 25

- **Menopause essentials basics + yin & breathwork**
- In partnership with Studio 85
- Information and sign-up at www.studio85.com

NOVEMBER 22

- **Menopause essentials, in-depth and in-person** at Encompass Sports Therapy, Coach Hill
- Information and sign-up at www.encompasscalgary.com

JANUARY 17

- **Menopause essentials, in-depth and from the comfort of your own space** (synchronous, digital offering)
- Information and sign-up at www.encompasscalgary.com

www.menopausemodules.com

MENOPAUSE ESSENTIALS WORKSHOP

TOPICS COVERED:

- HORMONES
- POTENTIAL SYMPTOMS
- DOWNSTREAM HEALTH IMPACTS
- HORMONE AND NON-HORMONE THERAPIES
- LIFESTYLE MEDICINE
- THE WOMEN'S HEALTH INITIATIVE

DETAILS:

- **WHAT:** ESSENTIAL MENOPAUSE EDUCATION PROVIDED BY DR. KATE HAWKINS, MSCP
- **WHEN:** SATURDAY; NOVEMBER 22, 2025, 2:30 - 5:30 PM
- **WHERE: IN-PERSON** AT ENCOMPASS SPORTS THERAPY SW; #201 6490 OLD BANFF COACH ROAD*
- **COST:** \$125**

*Attendance limited to 7 participants

**This workshop is not billable under chiropractic extended health coverage



SIGN UP OPTIONS AT [ENCOMPASSCALGARY.COM](https://encompasscalgary.com)

MENOPAUSE ESSENTIALS WORKSHOP

TOPICS COVERED:

- HORMONES
- POTENTIAL SYMPTOMS
- DOWNSTREAM HEALTH IMPACTS
- HORMONE AND NON-HORMONE THERAPIES
- LIFESTYLE MEDICINE
- THE WOMEN'S HEALTH INITIATIVE

DETAILS:

- **WHAT:** ESSENTIAL MENOPAUSE EDUCATION PROVIDED BY DR. KATE HAWKINS, MSCP
- **WHEN:** SATURDAY; JANUARY 17, 2026, 9:30 AM - 12:30 PM
- **WHERE:** **ONLINE**, SYNCHRONOUS DIGITAL OFFERING, FROM THE COMFORT OF YOUR OWN SPACE
- **COST:** \$125**

**This workshop is not billable under chiropractic extended health coverage



SIGN UP OPTIONS AT [ENCOMPASSCALGARY.COM](https://encompasscalgary.com)