

(Pre) Menopause Matters: Early Planning for a Healthier Future

Course Outline

Total Time = 16 Hrs (Independent Online Study 2 hrs; Live Stream Study 14 hrs)

8:00 AM – 5:45 PM

Time	My Time	Page #	Topic	Duration
7:45-8:00			Sign-in / Registration	15 min
8:00			Introductions and Course Objectives	15 min
8:15		3	Menopause Matters - Scope of Topic	15 min
8:30		7	Female Aging: Anatomy and Physiology Review	15 min
8:45		15	Management of Autonomic Symptoms	30 min
9:15			BREAK	15 min
9:30		23	Hormones	90 min
11:00		41	Botanical & Dietary Supplements for Hormone Balance (CAMS)	45 min
11:45			LUNCH	60 min
12:45		51	Cardiovascular Health	30 min
1:15		63	Musculoskeletal/Bone Health	75 min
2:30			BREAK	15 min
2:45		81	Special Considerations	30 min
3:15		89	Psychosocial Implications of Female Aging	90 min
4:45		101	Stress Relief Strategies	60 min
TOTAL CONTACT TIME				8.25 hrs

8:00 AM – 2:30 PM

Eastern	My Time	Page #	Topic	Duration
7:45-8			Sign-in	15 min
8:00			Q&A	15 min
8:15		107	Premature Menopause	15 min
8:30		113	Metabolic Exercise and Fitness Prescription	90 min
10:00			BREAK	15 min
10:15		121	Nutrition and Weight Management	90 min
11:45		137	Pelvic Health	30 min
12:15			BREAK	30 min
12:45		145	Sexuality	90 min
2:15			Q & A / Wrap Up	15 min
TOTAL CONTACT TIME				5.75 hrs