National Menopause Show

PROGRAM AT A GLANCE • OCTOBER 17-18, 2026

M-POWER LIVE! PROGRAM

Saturday, October 17

10:00 – 10:15am	*Exhibit Floor*
10:15 – 10:30am	**Opening Remarks** Melissa Grelo
10:30 – 11:00am	**What Did I Miss? The Biggest Menopause Updates of 2025-2026** Dr. Michelle Jacobson
11:00 – 11:30am	**You're not losing it! Your brain, your sleep, your stress, and actually taking care of yourself in menopause** Gina Livy, Alanna McGinn, Gregory Macdonald, Dr. Beverley David
11:30am –12:20pm	*Exhibit Floor*
12:20 – 12:50pm	**More than Dryness: Vaginal and Bladder Changes in Menopause** Dr. Marla Shapiro
12:50 – 1:15pm	**Strong Bones for Life** Dr. Amy Louis-Bayliss
1:15 – 1:20pm	**Stretch Away your Stiffness with Essentrics** Sahra Esmonde-White
1:20 – 2:10pm	*Exhibit Floor*
2:10 – 2:40pm	**More Than "Just Tired": Unmasking Iron Deficiency and Anemia in Perimenopause and Beyond** Dr. Christine Palmay
2:40 – 3:10pm	**Starting Over Every Monday: Because the weekend happened and, well... here we are.** Amanda Thebe
3:10 – 4:00pm	*Exhibit Floor*
4:00 – 4:30pm	**Hormones versus Antidepressants: a time and a place for everything.** Dr. Bev Young, Dr. Ariel Dalfen
4:30 – 5:00pm	**The Lost & Found Woman** Dr.Béatrice Séguin, Sophie Grégoire Trudeau

Sunday, October 18

10:00 – 10:15am	*Exhibit Floor*
10:15 – 10:30am	**Opening Remarks** Melissa Grelo
10:30 – 11:00am	**Getting to the Heart of Menopause: Understanding how menopause influences cardiovascular health** Melissa Grelo, Dr. Glen Pyle
11:00 – 11:30am	**Menopause Care: Where Research, Medicine, and Holistic Care Meet** Andrea Donsky, Bryce Wylde, Dr.Fay Weisberg
11:30am –12:20pm	*Exhibit Floor*
12:20 – 12:50pm	**How to talk so your Doctor will listen** Cristina Carpio, Dr. Cassandra Taylor
12:50 – 1:15pm	**Menopause & Your Pelvic Floor: From Symptoms to Solutions** Dr. Alaina Garbens
1:15 – 1:20pm	**Stretch Away your Stiffness with Essentrics** Sahra Esmonde-White
1:20 – 2:10pm	*Exhibit Floor*
2:10 – 2:40pm	**Sleep Well: The Ultimate Longevity Lever in Midlife** Dr. Woganee Filate
2:40 – 3:10pm	**Advances in oral GLP-1 agonist - Will they compare to injectables?** Sean Wharton, Sandra Elia
3:10 – 4:00pm	*Exhibit Floor*
4:00 – 4:30pm	**Built for the Comeback: What Joan's 2 surgeries taught us about strength, aging and advocacy** Joan Macdonald, Michelle MacDonald
4:30 – 5:00pm	**Pursuing pleasure for midlife women** Melissa Grelo, Sandra Tadros Guirguis, Dr. Sinéad Dufour, Dr. Lori Brotto

REVIVE AND THRIVE STAGE

Saturday, October 17

11:35 – 11:55am	**The Science of Cognitive Menopause: What's Happening and how to Adapt** Kristen Schiener
12:00 – 12:20pm	**What if it's grief?** Tammy Faulds, Fiona Lake Waslander
1:25 – 1:45pm	**Your Menopause, Your Choice: Science-Backed Solutions for Thriving Through** Sherry Torkos
1:50 – 2:10pm	**Redefining Pleasure and intimacy in perimenopause and menopause - and why** Carolyn Eagle
3:15 – 3:35pm	**Mind Over Menopause: Clinical Hypnosis** Roberta Heale
3:40 – 4:00pm	**No one warned me: De-stigmatizing Intimate Health through Menopause** Carinne Chambers-Saini

Sunday, October 18

11:35 – 11:55am	**Beyond Hot Flashes: The Hidden Menopause Symptoms Every Woman Should Know** Sherry Torkos
12:00 – 12:20pm	**Working through Menopause** Roberta Heale
1:25 – 1:45pm	**The Missing Conversation: Vaginal Health, Menopause & Modern Treatment Options** Nadine Sabino
1:50 – 2:10pm	**The Truth About Your Cooch: Leaks, Lies, and the Life You Were Meant to Live** Jana Danielson
3:10 – 3:30pm	**Glow Through the Changes** Joy McCarthy
3:40 – 4:00pm	**Muscle Matters — Group Workout with Melissa Grelo and GoodLife Fitness** Melissa Grelo

PODCAST THEATRE

Saturday, October 17

12:20 – 1:20pm	**Transforming 45** Lisa Boate, Jessica Holmes
2:10 – 3:10pm	**Mind, Body & Mental Health: The Conversation We Need to Have in Midlife** Sophie Grégoire Trudeau, Andrea Donsky
4:00 – 5:00pm	**The Unmuted Podcast** Lisa Boate, Deborah Porteous, Serena Haines, Amanda Otterman

Sunday, October 18

10:30 – 11:30am	**Vitality OET** Stephanie Crassweller
12:20 – 1:20pm	**Beyond the Finish Line** Dr.Ariane Ouellet-Decoste, Clara Hughes
2:10 – 3:10pm	**Breast Cancer Survivorship** Mikelle Ethier, Michelle Stainton, Dr. Jennifer Zelovitzky