

# Managing Menopausal Symptoms

**Date:** Monday, March 10, 2025

**Time:** 12–1 pm (Eastern Time)



Women at midlife often experience bothersome symptoms, including hot flashes, poor sleep, vaginal dryness, and painful sex. Treatment choices include lifestyle changes, non-prescription products, and prescription options, including hormone therapy. Join Dr. Jan Shifren to learn about optimizing your health and quality of life at menopause.



## Featured Speaker: Jan Shifren, MD

Dr. Shifren is a reproductive endocrinologist and Director of the Mass General Midlife Women's Health Center within the Department of Obstetrics and Gynecology at Massachusetts General Hospital. She is also the Vincent Trustees Professor of Obstetrics, Gynecology and Reproductive Biology at Harvard Medical School. Dr. Shifren cares for women with infertility and later in life with concerns related to menopause. She enjoys teaching about menopause and conducts research to advance midlife women's health and quality of life.

- This program is free and open to Mass General patients, families, staff, and the general public.
- To attend this program, click on the link or scan the QR code:

<https://partners.zoom.us/j/86126641231>



For more information, call 617-724-7352 or email [PFLC@partners.org](mailto:PFLC@partners.org)



## Blum Center Program Schedule

Scan this QR code with your phone's camera to see our program schedule online

