



The Menopause Spectrum:

Clinical Insights for Patient-Centered Care

March 20-22, 2026

Conference Agenda

FRIDAY, MARCH 20, 2026

- 5:30–6:30** Check-in, Social, Networking, and Hors D'oeuvres (*provided*)
- 6:30–7:30** **The M Factor—PBS Documentary Film Screening**
- 7:30–8:00** **Film Discussion**
 - Host: Aleece Fosnight, MSPAS, PA-C, CSC, CSE, MSCP, IF, HAES
- 8:00** Adjourn

SATURDAY, MARCH 21, 2026

- 7:30–8:30** Registration
- 8:30–9:00** Opening Remarks, Conference Overview, Housekeeping, and Audience Participation in Menopause Topics
- 9:00–10:15** **KEYNOTE PRESENTATION | Supporting the Patient with Menopause in Mind—Empowering the Patient Through Menopause: The Why of HRT**
 - Alyse Kelly-Jones, MD, FACOG, IF
- 10:15–10:30** Break and Exhibitors
- 10:30–11:45** **FEATURED PRESENTATION | Understanding the Benefits and Risks of Menopausal Hormone Therapy: You CAN Do This, After All, You Already Use More Risky Therapies**
 - James A. Simon, MD, CCD, MSCP, IF, FACOG
- 11:45–1:00** Lunch (*provided*)

- 1:00–2:00** **Breakout Sessions** *(please choose one)*
- 1A** Menopause and Mental Health: Clinical Insights for Holistic Care
 - Meagan Tucker Wiles, PhD
 - Mary Quaile, MD
 - 1B** Pelvic Health—Incorporating Pelvic Health PT into Care
 - Kristen Murphy, PT, DPT
 - 1C** Menopause Management with Lifestyle Medicine: Evidence-Based Strategies for Providers
 - Ginger Poulton, MD, DipABLM, MEd
- 2:00–2:15** Break and Exhibitors
- 2:15–3:15** **Breakout Sessions** *(please choose one)*
- 2A** Bone Health
 - Mollie Ashe Scott, PharmD, BCACP, CPP, FASHP, FNCAP
 - 2B** Menopause, Memory, and Brain Health
 - Nikki Gordon, DO
 - 2C** Beyond Sleep Hygiene: Navigating Sleep Challenges in Menopause with Clinical Insight
 - Amy Hales, NP-C
- 3:15–3:30** Break and Exhibitors
- 3:30–5:00** **PANEL DISCUSSION | Sexual Health**
- Sasha Davenport, MD, MSCP, IF, FACOG
 - Alyse Kelly-Jones, MD, FACOG, IF
 - Kristen Murphy, PT, DPT
 - James A. Simon, MD, CCD, MSCP, IF, FACOG
 - Meagan Tucker Wiles, PhD
 - Moderator: Aleece Fosnight, MSPAS, PA-C, CSC, CSE, MSCP, IF, HAES
- 5:00** Adjourn
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SUNDAY, MARCH 22, 2026

- 7:30–8:00** Check-In
- 8:00–9:00** **FEATURED PRESENTATION | Genitourinary Syndrome in Menopause**
- Aleece Fosnight, MSPAS, PA-C, CSC, CSE, MSCP, IF, HAES
- 9:00–9:15** Break and Exhibitors
- 9:15–10:30** **Engaging Learners: Reinforcing Educational Content** *(please choose one)*
- 3A** Clinical Decision Making in Menopausal Care (Simulation with a Standardized Patient)
 - 3B** The Change Challenge: Menopause Jeopardy
 - 3C** Menopause in Practice: Case-Based Discussions
- 10:30–10:45** Break and Exhibitors

- 10:45–12:00** **Engaging Learners: Reinforcing Educational Content** *(please choose one)*
- 4A** Clinical Decision Making in Menopausal Care (Simulation with a Standardized Patient)
 - 4B** The Change Challenge: Menopause Jeopardy
 - 4C** Menopause in Practice: Case-Based Discussions
- 12:00–12:15** Break and Exhibitors
- 12:15–1:15** **FEATURED PRESENTATION | HRT Decoded: What to Prescribe and How**
- Sasha Davenport, MD, MSCP, IF, FACOG
- 1:15–1:30** Closing Remarks and Wrap-Up
- 1:30** Adjourn

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SEXUAL HEALTH FOR EVERY BODY

HAVE A QUESTION?

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