



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, MSEd

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

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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