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THRIVING THROUGH EVERY SEASON OF LIFE

Women's Health & Wellness Seminar

Understanding Menopause, Hormones and Healthy Aging

Saturday, November 7, 2026

Hosted by Pastor Jennifer Field

Promise of Life Church

ROAR WOMEN'S MINISTRY

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Women's Health & Wellness Seminar

Information & Handouts

Printed materials, digital downloads, and seminar resources.

AGENDA

- ***Part 1*** – The New Menopause
- ***Part 2*** – Skincare Masterclass
- ***Part 3*** – Skincare Product Recommendations
- ***Part 4*** – Curated Routines and Shopping Priorities
- ***Part 5*** – Luxury Skincare Shortlist
- ***Part 6*** – Luxury Daily Routine
- ***Part 7*** – Pastor Jenni's Choices

PRINTED COPIES

If you requested a printed copy, your handout inserts are included in your folder.

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DIGITAL DOWNLOADS

Scan the QR code below to access digital downloads and seminar handouts.

Scan for Digital Downloads and Seminar Handouts

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RESOURCES

Virtual healthcare options for hormonal and general health concerns

July Health

Focused hormonal and multidisciplinary care

julyhealth.com

A virtual clinic addressing hormonal and related mental-health concerns, including PCOS, PMDD and endometriosis.

- A nurse practitioner may assess symptoms and arrange appropriate lab tests, imaging, prescriptions or specialist referrals.
- Additional support may include registered dietitians and registered social workers for nutrition and mental well-being.
- May be particularly helpful when irregular or painful periods, hormonal acne, weight changes, fatigue or mood symptoms overlap.
- July Health advertises appointments within days; actual availability varies.

Before booking:
Nurse-practitioner PCOS diagnostic appointments are currently listed for Ontario residents. Visit fees are private-pay and not OHIP-covered; confirm current fees and benefit eligibility. Eligible ordered lab work and imaging may be OHIP-covered.

Maple

On-demand general virtual healthcare

getmaple.ca

A general virtual-care platform for timely medical advice and common health concerns, rather than a hormone-specific clinic.

- Maple advertises 24/7 access to Canadian-licensed doctors and nurse practitioners through its membership service.
- Consultations may take place by secure text, audio or video.
- Clinicians may provide medical advice, prescriptions or lab requisitions when appropriate; some conditions require in-person assessment.

Before booking:
Review current membership or visit fees, provincial access rules and insurance coverage. A same-day appointment or prescription is not guaranteed.

Information checked October 19, 2026. Services, eligibility and costs can change. These listings are informational, not endorsements or substitutes for individual medical advice.

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Menopause & Healthy Aging Resources

Specialized care and continued learning through midlife and beyond

Modern Menopause

Canada | modernmenopause.ca

Specialized virtual care for women navigating perimenopause, menopause and healthy aging, including hormonal changes, weight management and lifestyle considerations.

- Personalized virtual menopause assessments and treatment plans.
- Hormone and non-hormone options may be considered when appropriate.
- Discuss sleep, nutrition, metabolic health and other midlife concerns.

Before booking: Confirm availability, fees and insurance coverage.

Midi Health

United States | joinmidi.com

Virtual women's healthcare specializing in perimenopause and menopause, with individualized treatment and wellness plans. Available across all 50 U.S. states.

- Care plans tailored to symptoms, medical history and goals.
- Treatment may include hormone or non-hormone approaches when suitable.
- Insurance and self-pay costs depend on state and plan.

Before booking: Confirm your insurance network and appointment costs.

Continue Your Learning

Pastor Jenni encourages women to explore evidence-based information from qualified experts on:

- Hormonal changes and healthy aging
- Strength training and muscle health
- Nutrition, metabolism and weight management
- Reverse dieting – consider the evidence and individual suitability.

Ask a qualified healthcare professional before changing treatment, exercise or nutrition plans.

Information checked October 19, 2026. Services and coverage may change.

ROAR WOMEN'S MINISTRY

MENOPAUSE

Let's Get Our Definitions Straight

PERIMENOPAUSE

The transition leading up to menopause.

- **Typical onset:** Usually begins in the mid-40s (often around 45–47), though it can start as early as the late 30s for some women.
- **Typical end:** It ends about 12 months after the final menstrual period, which on average occurs at age 51–52.

MENOPAUSE

The official point in time when menstruation has ended.

- Defined as 12 consecutive months without a menstrual period.

POSTMENOPAUSE

Life after menopause.

- The years following menopause.
- A time for continued health, wellness and long-term vitality with the right support and care.

THE MENOPAUSE JOURNEY – AT A GLANCE

Perimenopause (Transition)	Menopause (12 months without a period)	Postmenopause (Life after menopause)
~ Mid-40s (often 45–47)	~ Age 51–52 (on average)	Ongoing (the next phase of life)

THE KEY HORMONES

ESTROGEN

Think: **PROTECTION & COMMUNICATION**

Supports brain, bone, heart, muscle, temperature regulation, metabolism, and vaginal and urinary health.

PROGESTERONE

Think: **BALANCE & THE UTERINE LINING**

Helps balance the effects of estrogen and supports the uterine lining.

TESTOSTERONE

Think: **DESIRE & MUSCLE/FUNCTION & BRAIN HEALTH**

Supports libido, energy, muscle mass and strength, and cognitive function.

> *"You don't have to stop having periods before menopause starts affecting you."*

MENOPAUSE

Let's Get Our Definitions Straight

ESTROGEN TALKS TO MANY SYSTEMS IN YOUR BODY

Brain
Supports memory, learning and mood.

Bones
Helps maintain bone density and strength.

Cardiovascular System
Supports heart and blood vessel health.

Temperature Regulation
Helps regulate body temperature (e.g., hot flashes).

Metabolism
Influences energy use, weight regulation and overall metabolic health.

Muscle
Helps maintain muscle mass, strength and function.

Vaginal & Urinary Tissues
Helps maintain tissue elasticity, moisture and urinary tract health.

THE KEY SYSTEMS AT A GLANCE

- Brain
- Bones
- Cardiovascular System
- Muscle
- Temperature Regulation
- Metabolism
- Vaginal & Urinary Tissues

> ***"Hormones are not just reproductive hormones. They are communication signals."***

Estrogen isn't just about reproduction. Estrogen is part of how the body communicates with itself.

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INTERESTING FACTS
ABOUT MENOPAUSE

Menopause & Your Changing Health

1 Alzheimer's in Women

Two-thirds of Alzheimer's patients are postmenopausal women.

2 Hormone Fluctuation and Treatment

Hormone levels fluctuate, and doctors often base treatment on a patient's improvement.

3 Menopause and Aging

Menopause is associated with accelerated cellular aging and declines in general health.

4 Menopause and Osteoporosis

Loss of estrogen in menopause is the most common cause of osteoporosis in women, leading to increased bone weakness and fracture risk.

5 Menopause and Heart Disease Risk

Menopause increases the risk of coronary artery disease due to hormonal changes that negatively impact blood vessel function.

6 Impact of Hormonal Changes

Decreased estrogen and progesterone during menopause can lead to blood vessel constriction, increased clot risk, and reduced blood flow.

Muscle Health, Hormones & The Endocrine System

7 Sarcopenia

- **Definition:** Progressive age-related loss of skeletal muscle mass, strength and function.
- **Causes:** Increased inflammation, aging, insulin resistance, and loss of estrogen.

8 MHT Benefits

Increases estrogen receptors in muscle, improving muscle power, contraction, and composition.

9 The Endocrine System — Key Components

A network of glands that produce and regulate hormones, including:

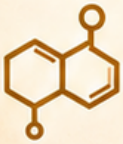
✓ Pituitary Gland ✓ Pineal Gland ✓ Hypothalamus
✓ Thyroid Gland ✓ Adrenal Glands ✓ Pancreas ✓ Ovaries

10 Endocrine System Function

Produces and releases hormones that influence almost every cell and function in the body.

11 Hormones Reduced During Menopause

Estrogens, progesterone, and androgens.

12 Estrogen Types

- **Estradiol** — strongest, produced by ovaries.
- **Estriol** — produced mainly during pregnancy.
- **Estrone** — weakest, produced by fat tissue after menopause.

13 Estrone's Role

Helps reduce bone loss and aids in tissue maintenance after menopause.

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INTERESTING FACTS
ABOUT MENOPAUSE

Brain Health, Memory & The Hippocampus

Estrogen & the Brain

Recent studies suggest that oestrogen is produced not only in the ovaries, but also in the hippocampus in the brain.



14 **Estrogen in the Hippocampus**
Supports sharper memory formation and retrieval.

15 **Enhanced Episodic & Verbal Memory**
Helps encode and retrieve new personal events and verbal information.

16 **Better Spatial & Associative Learning**
Supports learning patterns, relationships, and navigation.

17 **Faster, More Efficient Memory Networks**
Increases synaptic transmission that underlies learning and memory.

18 **Neuron Energy & Protection**
Promotes better energy supply, more resilient synapses, and protection against injury and age-related decline.

How Estrogen Supports Brain Function

1 **Structural Plasticity**
Creates more synapses and stronger connections between brain cells, enhancing learning and memory (LTP).

2 **Neurogenesis**
Supports the creation of new hippocampal neurons, which help with pattern separation and associative memory.

3 **Neurotransmitter Support**
Helps regulate key brain chemicals (e.g., serotonin, dopamine, acetylcholine) that are critical for attention, mood, learning and memory encoding and retrieval.

4 **Metabolic and Antioxidant Protection**
Enhances mitochondrial function and energy production (ATP) and increases antioxidant activity, reducing oxidative damage that can impair brain cell function.

5 **Neuroprotection and Anti-Inflammatory Effects**
Regulates cell-survival pathways, helps neurons resist stress and injury, and reduces inflammation in the hippocampus, protecting long-term brain health.

The Bottom Line: *Declining estrogen during perimenopause and menopause can reduce these protective and memory-supporting effects, which may contribute to increased memory changes and a higher risk of Alzheimer's in women.*

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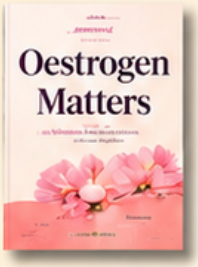
REFERENCE INFORMATION

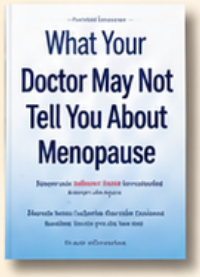
BOOKS



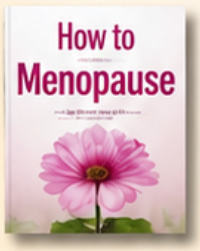
Oestrogen Matters
Dr. Avrum



The New Menopause
Marie Claire Haver, MD



What Your Doctor May Not Tell You About Menopause
John R. Lee, MD



How To Menopause
Tamsen Fadal-S

PODCASTS
MENOPAUSE, MIDLIFE & WOMEN'S HEALTH



The Dr. Vonda Show
Dr. Vonda Wright

Movement, muscles, tendons and bone health through menopause and aging.

Apple Podcasts



unPAUSED
Dr. Mary Claire Haver

Evidence-informed discussions about hormonal changes, menopause and healthy aging.

thepauselife.com



Midlife Conversations
Natalie Jill

Fitness, body composition, hormones and cardiovascular prevention after 40.

nataliejillfitness.com



You Are Not Broken
Dr. Kelly Casperson

Sexual health, vaginal and urinary symptoms, and hormone education.

Apple Podcasts



BETTER!
Dr. Stephanie Estima

Midlife strength, protein, nutrition, metabolism and body composition.

drstephanieestima.com

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Sleep & Rest Resources

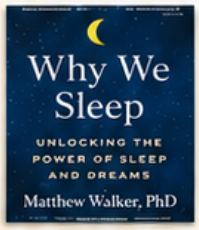
Recommended Books & Expert Learning for Better Sleep



The Sleep Fix

Diane Macedo

A practical guide to insomnia, snoring, shift work and sleep anxiety, informed by researchers, clinicians and her experience.



Why We Sleep

Matthew Walker, PhD

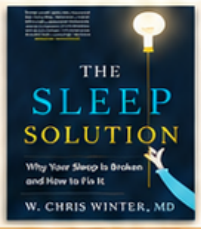
Explores the science of sleep and its connections with memory, brain function, emotions and physical health.



Good Night

Michael J. Breus, PhD

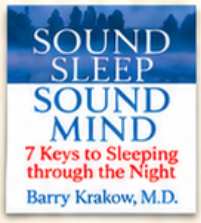
A structured four-week program for improving sleep habits and developing healthier nighttime routines.



The Sleep Solution

W. Chris Winter, MD

Explains how sleep works, what disrupts it and practical ways to approach common sleep difficulties.



Sound Sleep, Sound Mind

Barry Krakow, MD

A seven-key approach addressing mental, behavioural and physical contributors to troubled sleep.

FEATURED MASTERCLASS

Matthew Walker Teaches the Science of Better Sleep

Explore how sleep works and strategies to improve sleep quality and consistency.

masterclass.com

A starting point for learning; consult a qualified professional for ongoing sleep concerns.

ROAR WOMEN'S MINISTRY

Sleep Well, Live Well

The Health Risks of Poor Sleep & Practical Ways to Rest Better

WHEN HORMONES CHANGE...

- **Sleep patterns** may change, including difficulty staying asleep.
- **Temperature regulation may change**, contributing to **hot flashes** and night sweats.

> *"I began having two hours of sleep at night. I would go to bed and wake up two hours later fully awake, with no ability to put myself back to sleep. It was a nightmare."*

What I Learned: *Sleep is non-negotiable. When a serious sleep problem develops, it deserves attention rather than being ignored.*

Six Important Health Risks Linked With Chronic Poor Sleep

1 Cardiovascular Health

Habitually insufficient or disrupted sleep is associated with higher blood pressure, cardiovascular disease, heart attack and stroke risk.

2 Type 2 Diabetes & Metabolic Health

Poor sleep may impair insulin sensitivity and glucose regulation, increasing the likelihood of metabolic problems.

3 Weight Gain & Obesity

Insufficient sleep can influence appetite, food choices and energy regulation, contributing to weight gain.

4 Mental Health & Cognition

Persistent sleep disturbance is linked with depression, anxiety, difficulty concentrating and, in observational studies, later cognitive decline.

5 Accidents & Injuries

Sleep deprivation reduces alertness and reaction time. Drowsy driving and workplace errors can become dangerous.

6 Immune Health & Long-Term Outcomes

Regularly inadequate sleep can affect immune function and is associated with poorer overall health outcomes.

These are associations and risks—not a prediction that any individual will develop these conditions. Persistent insomnia or sleep disruption deserves a professional assessment.

Sleep Well, Live Well

The Health Risks of Poor Sleep & Practical Ways to Rest Better

SIX WAYS TO IMPROVE SLEEP

1 Keep a consistent sleep schedule

Aim for regular bed and wake times, including weekends. Create a calming 60–90-minute wind-down routine with dim lights, reading, stretching or a warm shower.

2 Use daylight and evening light strategically

Seek daylight after waking. Reduce bright lighting and stimulating screen use before bedtime when possible.

3 Make your bedroom sleep-friendly

Keep the room cool, dark and quiet. Consider blackout curtains, an eye mask or white noise. Try to associate your bed primarily with sleep and intimacy.

4 Watch caffeine, alcohol, nicotine and meals

Limit late-day caffeine and avoid nicotine near bedtime. Alcohol can disrupt sleep, and heavy meals close to bedtime may worsen discomfort or reflux.

5 Move regularly and manage stress

Regular aerobic activity, strength training and calming practices may help. Adjust vigorous evening exercise if it interferes with your sleep.

6 Discuss menopause-related treatment when appropriats

If hot flashes, night sweats or other symptoms disrupt your sleep, ask a qualified clinician about menopausal hormone therapy (MHT) and non-hormonal approaches. Suitability depends on your health history and individual risks.

UNDERSTANDING HOT FLASHES & NIGHT SWEATS

What they feel like

Sudden heat, flushing and sweating, sometimes with palpitations or a sense of anxiety.

Why they occur

Hormonal shifts, particularly changes in estrogen, affect the hypothalamus — the brain's temperature-regulation centre.

How they affect sleep

Night sweats may repeatedly wake you and contribute to fatigue, irritability and poor concentration the next day.

How long they may last

An individual episode often lasts minutes; symptoms can continue for years and vary widely in frequency and severity.

Common triggers

Warm environments, alcohol, caffeine, spicy foods, smoking and stress can be triggers for some women.

TRAVEL AND SUPPLEMENTS

Melatonin may help with jet lag and adjusting to new time zones, but timing and suitability matter. Magnesium and progesterone should not be treated as universal sleep remedies; discuss supplements and prescribed hormones with your healthcare professional.

WHEN SLEEP PROBLEMS PERSIST

For ongoing insomnia, ask about cognitive behavioural therapy for insomnia (CBT-I), a recommended first-line treatment. A clinician can also check for sleep apnea, medication effects, mood conditions, pain and other causes of disrupted sleep.

QUESTIONS TO DISCUSS WITH YOUR HEALTHCARE PROFESSIONAL

- Could my sleep disruption be related to menopause, sleep apnea or another condition?
- Would CBT-I, symptom management or another treatment be appropriate?
- Could MHT or a non-hormonal treatment help, given my history?
- Are melatonin, magnesium or other supplements appropriate alongside my medications?

"He gives His beloved sleep." — Psalm 127:2

ROAR WOMEN'S MINISTRY

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WOMEN'S HEALTH & WELLNESS SEMINAR

Protecting Your Bone Health and Preventing Muscle Loss

YOUR STRENGTH & MOVEMENT GUIDE

ABSOLUTE BEGINNER

Building Strength, Balance and Confidence

1. BEFORE YOU BEGIN

- If you have osteoporosis, prior fractures, significant back pain, or balance issues, check with your clinician or a physical therapist before beginning.
- Avoid loaded forward bending of the spine (e.g., toe touches, sit ups/crunches) and high impact jumping if you have low bone mass.

2. WEEKLY MOVEMENT PLAN (BEGINNER)

Strength training	**2 days per week** (non consecutive), e.g., Tuesday & Friday.
Weight bearing cardio	**3–5 days per week, 20–30 minutes** (brisk walking, dancing, light stair climbing).
Balance + posture	**5–10 minutes most days** (can be after walks or strength sessions).

3. WARM UP (5 MINUTES)

- March in place – 2 minutes
- Arm circles forward/back – 30 seconds each
- Sit to stand from a chair – 10 slow reps
- Heel raises holding a counter – 15 reps

4. COOL DOWN (3–5 MINUTES)

- Gentle chest stretch in a doorway – 20–30 seconds
- Calf stretch against wall – 20–30 seconds each side
- Seated thoracic extension (hands behind head, gently lift chest) – 5 slow breaths

5. BEGINNER FULL BODY STRENGTH SESSION (30–40 MINUTES)

Do this routine on 2 days per week. Start with 1–2 sets of each exercise, 8–12 reps, and build to 2–3 sets over 4–6 weeks as you feel confident.

#	EXERCISE	HOW TO DO IT	SETS × REPS	WHY IT'S BENEFICIAL
1	**Sit to stand** (chair squat)	From a sturdy chair, stand up pushing through your heels, then sit back down with control.	1–2 × 8–12	Strengthens quads, glutes and hips; loads the spine and femur for bone.
2	**Wall push up**	Stand facing a wall, hands slightly wider than shoulders. Bend elbows to bring chest toward wall, then push back.	1–2 × 8–12	Chest, shoulders, triceps; supports upper body bone density.
3	**Bent over row** (with light dumbbells, bands or water bottles)	Hinge slightly at hips, back flat, arms hanging. Pull weights toward your ribs, squeezing shoulder blades together, then lower.	1–2 × 8–12	Upper back and biceps; improves posture and strengthens spine supporting muscles.
4	**Step up onto a low step or sturdy book**	Step up with right foot, bring left foot to meet it, then step down. Alternate leading leg. Use a handrail if needed.	1–2 × 8–10 each leg	Legs and glutes; functional and weight bearing for hip bone.
5	**Glute bridge**	Lie on your back, knees bent, feet flat. Lift hips until shoulders hips knees form a diagonal, squeeze glutes, then lower slowly.	1–2 × 8–12	Glutes and posterior chain; supports hips and lower back.
6	**Heel raises** (calf raises)	Stand holding a counter, rise up onto toes, then lower slowly.	1–2 × 12–15	Lower legs and ankle stability; helps prevent falls.
7	**Bird dog** (core + back)	On hands and knees, extend right arm forward and left leg back, hold 2–3 seconds, return, then switch sides. Keep spine neutral (no arching).	1–2 × 6–8 each side	Core and back stabilizers; supports spine without risky flexion.

6. BALANCE AND POSTURE MINI ROUTINE (5–10 MINUTES, MOST DAYS)

Do this after a walk or your strength session.

1. **Single leg stand** (hold counter)
   2 × 20–30 seconds each leg
2. **Heel to toe walk along a hallway or counter**
   2 lengths forward, 2 back
3. **Chin tucks + shoulder blade squeezes**
   10 slow reps; gently draw chin back, then squeeze shoulder blades down and together
4. **Wall angels (if comfortable)**
   Stand with back to wall, arms in "goalpost" position, slide arms up and down within a pain free range, 8–10 reps

7. HOW TO PROGRESS SAFELY OVER 8–12 WEEKS

Weeks 1–2	1 set of each exercise, light or no weights, focus on form.
Weeks 3–4	2 sets of each exercise; add light dumbbells or bands, or filled water bottles if movements feel easy.
Weeks 5–8	2–3 sets; gradually increase weight or reps so the last 2 reps feel moderately hard but controlled.
Rule of thumb	Increase weight or total reps by about 5–10% every 2–4 weeks if you're recovering well and pain free.

8. SIMPLE WEEKLY EXAMPLE

Mon	20–30 min brisk walk + 5–10 min balance/posture
Tue	Beginner strength session (above)
Wed	20–30 min walk or gentle dance
Thu	Rest or light stretching + balance
Fri	Beginner strength session
Sat	20–30 min walk, stairs, or gardening
Sun	Rest or gentle mobility

This is a gentle, bone and muscle focused beginner routine you can start at home with minimal equipment. It's designed for someone new to strength training who wants to protect against muscle loss and support bone density.

Protecting Your Bone Health and Preventing Muscle Loss

YOUR STRENGTH & MOVEMENT GUIDE

BEGINNER VIDEO RESOURCES

Learn the Movements • Exercise Along • Build Confidence

1. RECOMMENDED YOUTUBE INSTRUCTORS

INSTRUCTOR / CHANNEL	PRIMARY FOCUS
Senior Shape Fitness (Senior Shape)	Strength training specifically for seniors and true beginners; many videos use dumbbells but emphasize light weights and perfect form.
Curtis Adams / Senior Exercise TV	Gentle seated and standing workouts, clear instruction and modifications for different ability levels.
Workout With Gail	Joint-friendly resistance training, balance and posture; suitable for beginners.
Angie Miller Fitness	Absolute-beginner cardio and strength, low impact and easy to follow.
Justin Agustin	Accessible, functional exercise for all fitness levels, including seniors and those new to strength training.
Mind Body Horizons	Physiotherapy-led strength and mobility routines, with safe progressions and clear cues.

2. SIX BEGINNER WORKOUT VIDEOS

CHANNEL	WORKOUT TITLE	WHAT TO EXPECT
yes2next	20-Minute Chair Strength	Full body chair workout using light weights or body weight. Gentle and easy to follow.
Senior Shape Fitness	Stronger Core & Balance	Builds strength and balance with clear instruction and modifications.
Stronger Seniors	Standing Sequence	Beginner standing exercises using a chair for support. Great for building confidence.
SeniorFitOnline	10-Minute Chair & Standing Workout	Short, effective routine for strength and mobility. Ideal for beginners.
Improved Health	Full-Body Seated or Standing Workout	Choose seated or standing options. Focus on strength, mobility and balance.
HASfit	20-Minute Strength Training for Seniors	Low impact, beginner-friendly full body workout with clear instruction.

3. CHOOSING YOUR STARTING POINT

Select the option that best matches your current fitness level, and progress as you feel ready.

YOUR CURRENT LEVEL	RECOMMENDED APPROACH
Prefer seated exercises	Start with chair-based workouts (e.g., yes2next, SeniorFitOnline or Improved Health).
Can stand with support	Use workouts that include both seated and standing options (e.g., Senior Shape Fitness, Stronger Seniors).
Ready for more standing exercises	Try full standing routines with a chair for balance (e.g., HASfit or Justin Agustin).

4. YOUR 8–12 WEEK VIDEO PROGRESSION

Gradually increase your activity as your strength, balance and confidence improve.

WEEKS	FOCUS
1–2	Mostly seated workouts. Shorter sessions. Focus on learning the movements and proper form.
3–4	Introduce selected standing movements and slightly longer sessions.
5–8	Mix seated and standing exercises. Increase repetitions or light resistance as able.
9–12	Progress toward mostly standing routines, as appropriate for your goals and comfort level.

5. TIPS FOR GETTING THE MOST FROM YOUR VIDEO WORKOUTS

BEFORE YOU START

- Check with your clinician or a physical therapist if you have osteoporosis, prior fractures, significant back pain or balance issues.
- Use a sturdy chair, clear space and wear supportive footwear.
- Have light dumbbells, resistance bands or filled water bottles if recommended.
- Start with shorter videos and pause when needed.
- Focus on proper form rather than speed or number of repetitions.
- Modify movements as needed and choose low impact options if you have low bone mass.

AS YOU PROGRESS

- Gradually try longer or slightly more challenging videos.
- Increase resistance or repetitions as you feel stronger and more confident.
- Look for videos labeled "absolute beginner," "seniors" or "chair workout" if you prefer seated options.
- Choose instructors who provide clear guidance and modifications.
- Be consistent—regular practice helps build strength, balance and bone density.
- Stop any exercise that causes pain and consult a healthcare professional if symptoms persist.

Protecting Your Bone Health and Preventing Muscle Loss

YOUR STRENGTH & MOVEMENT GUIDE

INTERMEDIATE

Building Muscle Strength & Supporting Bone Density

1. INTERMEDIATE WEEKLY SCHEDULE

DAY	TRAINING FOCUS
Monday	Full-body resistance training A + short balance work
Tuesday	Brisk walking or other weight-bearing cardio, 30–45 minutes
Wednesday	Full-body resistance training B + mobility
Thursday	Cardio with optional gentle impact, 25–40 minutes
Friday	Full-body resistance training C + balance work
Saturday	Longer walk, stairs, dancing, or recreational activity
Sunday	Rest or gentle mobility

Keep at least one day between challenging resistance sessions for the same muscle groups.

2. RESISTANCE WORKOUT A

Perform 2–3 sets of 8–12 repetitions.

#	EXERCISE
1	Goblet squat or leg press
2	Romanian deadlift with dumbbells
3	Seated cable row or resistance-band row
4	Dumbbell chest press or incline push-up
5	Step ups or split squats
6	Dumbbell overhead press, if comfortable
7	Calf raises
8	Bird-dog or anti-rotation Pallof press

3. RESISTANCE WORKOUT B

Perform 2–3 sets of 8–12 repetitions.

#	EXERCISE
1	Deadlift from raised blocks or a hip-hinge machine
2	Reverse lunge or supported split squat
3	Lat pulldown
4	Dumbbell bench press or wall push-up
5	Hip thrust or glute bridge
6	One-arm dumbbell row
7	Face pulls or band pull-aparts
8	Side plank (begin with knees bent if needed)

4. RESISTANCE WORKOUT C

Perform 2–3 sets of 8–12 repetitions.

#	EXERCISE
1	Leg press or sit-to-stand with a dumbell
2	Hamstring curl
3	Supported step-up
4	Seated row
5	Incline dumbbell press
6	Farmer's carry for 20–40 seconds
7	Back-extension or standing spinal-extension exercise
8	Heel-to-toe walk or single-leg balance near a support

5. CARDIO, IMPACT & BALANCE

- **Weight-bearing cardio:** Brisk walking, stair climbing, hiking, dancing or low-impact aerobics for 30–45 minutes on 2–3 days.
- **Optional impact:** If you have no osteoporosis, add 5–10 minutes of gentle hops, heel drops or faster stair climbing once or twice weekly.
- **Balance:** Do 5–10 minutes at least 3 days weekly—single-leg stands, tandem walking, heel raises and controlled step-overs.

6. HOW TO PROGRESS SAFELY

- For the first two weeks, use 2 sets and a moderate weight.
- When you can complete 12 repetitions in every set with controlled form for two workouts, increase the load by about 2–5 % and return to 8–10 repetitions.
- Keep a log of exercises, weight, repetitions and how you feel.

7. IMPORTANT SAFETY NOTES

- Stop and seek medical advice for sharp pain, new back pain, chest pain, faintness or unusual shortness of breath.
- If you have not trained recently, begin with lighter loads and consider a supervised session to check technique.
- Learn proper form before increasing intensity.

Protecting Your Bone Health and Preventing Muscle Loss

YOUR STRENGTH & MOVEMENT GUIDE

ADVANCED — PART ONE

Weekly Training & Resistance Workouts

1. ADVANCED WEEKLY TRAINING SCHEDULE

A balanced mix of strength, power, cardio, balance and recovery.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Heavy lower-body strength	**Upper-body strength and balance**	**Recovery cardio and mobility**	**Lower-body power and hypertrophy**	**Upper-body strength and carries**	**Bone-loading conditioning**	**Rest or gentle walking**
Build strength and bone density.	Build upper-body strength and postural stability.	Active recovery to support circulation and flexibility.	Increase power, strength and bone loading.	Build strength, functional fitness and core stability.	Walking, stairs, dancing or low-impact conditioning.	Recovery and preparation for the week ahead.

2. ADVANCED RESISTANCE TRAINING WORKOUTS

Perform 2–4 sets of each exercise. Choose a weight that challenges you while maintaining good form. Rest 45–90 seconds between sets.

MONDAY — HEAVY LOWER BODY

Build strength and bone density.

EXERCISE	SETS × REPS	WHAT TO EXPECT
Squat (goblet or barbell)	3–4 × 6–8	Builds lower-body strength and bone density.
Romanian deadlift	3–4 × 6–8	Strengthens posterior chain.
Split squat or lunge	3 × 8–10 each leg	Builds unilateral strength and stability.
Hip thrust	3 × 8–10	Targets glutes and hip strength.
Calf raises	3 × 12–15	Strengthens calves and supports bone health.
Pallof press (core)	3 × 10–12 each side	Builds core stability and anti-rotation strength.
Farmer's carry	3 × 30–60 sec	Builds grip strength, core stability and functional fitness.

TUESDAY — UPPER BODY

Build upper-body strength and postural stability.

EXERCISE	SETS × REPS	WHAT TO EXPECT
Chest press (dumbbells or machine)	3–4 × 8–10	Builds chest, shoulder and arm strength.
Seated or standing row	3–4 × 8–10	Strengthens upper back and improves posture.
Shoulder press	3 × 8–10	Builds shoulder strength and stability.
Lat pulldown	3 × 8–10	Strengthens back and improves posture.
Bicep curl	3 × 10–12	Builds arm strength.
Tricep extension	3 × 10–12	Strengthens triceps.
Face pull or reverse fly	3 × 10–12	Supports shoulder health and posture.
Single-leg balance	2 × 30 sec each leg	Improves balance, proprioception and fall prevention.

THURSDAY — LOWER BODY POWER

Increase power, strength and bone loading.

EXERCISE	SETS × REPS	WHAT TO EXPECT
Step up (higher step)	3–4 × 6–8 each leg	Builds unilateral strength and power.
Squat (heavier)	3–4 × 6–8	Increases lower-body strength and bone loading.
Deadlift or trap bar deadlift	3–4 × 6–8	Builds total-body strength.
Walking lunge	3 × 8–10 each leg	Improves strength, balance and coordination.
Hamstring curl	3 × 10–12	Strengthens hamstrings.
Hip thrust	3 × 8–10	Builds glutes and hip strength.
Calf raises	3 × 12–15	Supports bone health and lower-leg strength.
Medicine ball move (if appropriate)	3 × 8–12	Adds power and explosiveness (if appropriate).

FRIDAY — UPPER BODY STRENGTH

Build strength, functional fitness and core stability.

EXERCISE	SETS × REPS	WHAT TO EXPECT
Incline or flat press	3–4 × 8–10	Builds upper chest strength.
One-arm row	3–4 × 8–10 each arm	Improves unilateral strength and core stability.
Lat pulldown or pull-up (assisted if needed)	3 × 8–10	Strengthens upper back and shoulders.
Overhead press	3 × 8–10	Builds shoulder strength.
Lateral raise	3 × 10–12	Targets shoulder stability and bone health.
Bicep curl	3 × 10–12	Builds arm strength.
Tricep dip or extension	3 × 10–12	Tricogthens triceps.
Farmer's carry	3 × 30–60 sec	Builds grip strength, core stability and functional fitness.
Core exercise (plank, Pallof press)	3 × 20–40 sec	Builds core stability and supports posture.

Protecting Your Bone Health and Preventing Muscle Loss

YOUR STRENGTH & MOVEMENT GUIDE

ADVANCED — PART TWO

Bone Loading, Progression & Long-Term Safety

3. SATURDAY BONE-LOADING CONDITIONING

Choose activities that challenge your bones and cardiovascular system while remaining safe and enjoyable.

OPTIONS	GUIDELINES
Brisk walking (30–45 minutes)	Aim for 20–45 minutes.
Stairs or hill walking	Include moderate intensity.
Dancing	Choose low-impact options if you have low bone mass or previous fractures.
Gardening or outdoor activities	Focus on consistency.
Sled work (if available)	Listen to your body and modify as needed.
Low-impact impact exercises (e.g., step-ups, light jumping if appropriate)	

4. FOUR-WEEK PROGRESSION CYCLE

Gradually increase the challenge to continue building strength, bone density and overall fitness.

WEEK	FOCUS
1	Establish moderate-heavy training. Focus on good form and technique.
2	Increase repetitions or weight slightly. Maintain good form.
3	Increase selected training demands (weight, sets or reps). Challenge yourself while staying safe.
4	Deload and recover. Reduce volume slightly to allow for recovery and prepare for the next cycle.

5. IMPORTANT BONE-SAFETY MODIFICATIONS

Protect your bones while still building strength and fitness.

- Avoid loaded forward bending of the spine (e.g., toe touches, sit ups/crunches).
- Modify high-impact activities if you have low bone mass or previous fractures.
- Use proper technique and progress gradually.
- Choose stable, supported movements if needed (e.g., use a chair, wall or rail).
- Focus on controlled movements rather than speed.
- Include balance training to help prevent falls.
- Consider working with a qualified fitness professional or physical therapist if you have osteoporosis, prior fractures, significant back pain or balance issues.

6. ADDITIONAL TIPS FOR LONG-TERM SUCCESS

- Be consistent — regular exercise helps build and maintain bone density.
- Progress gradually — increase weight or total reps by about 5–10% every 2–4 weeks if you are recovering well and pain free.
- Include a variety of exercises to work all major muscle groups.
- Get adequate rest and recovery between sessions.
- Combine strength training with weight-bearing cardio and balance work.
- Listen to your body and modify exercises if you experience pain.
- Stay hydrated, eat a balanced diet and get enough calcium and vitamin D as recommended.
- Consult a healthcare professional if you have any concerns or symptoms.

Protecting Your Bone Health and Preventing Muscle Loss

YOUR STRENGTH & MOVEMENT GUIDE

EXERCISE REFERENCE & VIDEO PROGRESSION

Your 8–12 Week Movement Journey

1. YOUR 8–12 WEEK VIDEO PROGRESSION

WEEKS	FOCUS	WHAT TO EXPECT
1 – 2	**BUILD A FOUNDATION** Learn the movements and develop proper form.	◆ Mostly seated workouts with shorter sessions. ◆ Focus on learning the movements and proper form. ◆ Build confidence and consistency.
3 – 4	**INCREASE AND PROGRESS** Introduce selected standing movements.	◆ Add standing exercises. ◆ Slightly longer sessions. ◆ Begin to increase repetitions as you feel stronger.
5 – 8	**BUILD STRENGTH** Mix seated and standing exercises.	◆ Increase repetitions or light resistance as able. ◆ Continue to improve strength, balance and **endurance**.
9 – 12	**ESTABLISH A ROUTINE** Progress toward mostly standing routines.	◆ Move toward mostly standing exercises. ◆ Choose routines appropriate for your goals and comfort level. ◆ Be ready to continue beyond 12 weeks.

2. TIPS FOR GETTING THE MOST FROM YOUR VIDEO WORKOUTS

BEFORE YOU START

- Check with your clinician or a physical therapist if you have osteoporosis, prior fractures, significant back pain or balance issues.
- Use a sturdy chair, clear space and wear supportive footwear.
- Have light dumbbells, resistance bands or filled water bottles if recommended.
- Start with shorter videos and pause when needed.
- Focus on proper form rather than speed or number of repetitions.
- Modify movements as needed and choose low-impact options if you have low bone mass.

AS YOU PROGRESS

- Gradually try longer or slightly more challenging videos.
- Increase resistance or repetitions as you feel stronger and more confident.
- Look for videos labelled “absolute beginner,” “seniors” or “chair workout” if you prefer seated options.
- Choose instructors who provide clear guidance and modifications.
- Be consistent — regular practice helps build strength, balance and bone density.
- Stop any exercise that causes pain and consult a healthcare professional if symptoms persist.

Move Well Today for a Stronger Tomorrow.

Understanding Mood Changes

How Hormonal Changes Can Affect Your Emotional Well-Being

1. Irritability, Anger & Emotional Reactivity

- Many women report a shorter fuse, feeling more easily annoyed, angry, or overwhelmed by everyday stressors.
- Clinical reviews describe this as mood instability or "perimenopausal irritability," often with heightened emotional intensity and sensitivity.
- Contributing factors can include hormonal fluctuations, poor sleep from night sweats, and the cumulative stress of midlife roles.

2. Depression & Persistent Low Mood

- The risk of depressive symptoms and major depression can rise during perimenopause, and some studies show a 2–3 fold increase in major depressive episodes.
- Symptoms may include tearfulness, hopelessness, loss of interest, fatigue, and brain fog, and may occur without a clear cyclical pattern.
- Risk may be higher in women with a history of PMS or PMDD, postpartum depression, prior depression, severe vasomotor symptoms, or chronic insomnia.

3. Anxiety, Worry & Panic-Type Symptoms

- Anxiety symptoms are reported by many women in the menopausal transition, with common experiences including constant worrying, restlessness, muscle tension, and sleep disturbance.
- Some women experience new-onset anxiety or panic attacks, even if they have never had significant anxiety before.
- Anxiety may be linked to fluctuating estrogen and progesterone, sleep fragmentation, and the physiological stress of hot flashes and night sweats.

When to seek support

Persistent or severe emotional symptoms deserve professional assessment. Speak with a qualified healthcare professional if symptoms interfere with daily life, relationships, work, or sleep.

Understanding
BRAIN FUNCTION CHANGES

Memory, Concentration & Cognitive Changes During Menopause

WHY YOUR BRAIN MAY FEEL DIFFERENT

During the menopause transition, hormonal fluctuations, sleep disruption and mood symptoms may affect memory, concentration and mental processing. These changes are common and often temporary, and can improve with hormone stabilization and other contributing factors (such as sleep).

1 Memory Lapses & Forgetfulness

Common to forget recent conversations, misplace items, miss appointments, or walk into a room and forget why.

Objective testing shows small but measurable declines in verbal learning and episodic memory from pre- to early perimenopause and into early postmenopause.

2 Difficulty Concentrating & Brain Fog

Many describe a "cotton wool" feeling, losing their train of thonght, being esaily distracted, or struggling to follow a book, meeting or conversation.

Often linked to fluctuating estrogen, sleep disruption from night sweats, and mood symptoms (anxiety or depression).

3 Slower Thinking & Word-Finding Problems

It can take longer to process information, and it may be harder to retrieve words or names ("tip of the tongue" experiences).

These changes are typically related to fluctuating estcogen, nlegp disruption (e g, night sweats) and mood symptoms, rather than neurodegenerative disease in most cases.

IMPORTANT TO REMEMBER

These changes do not automatically indicate dementia or another neurodegenerative condition, Persistent, worsening or disruptive symptoms should be medically asvessed.

ROAR

Hormones & Menopausal Hormone Therapy

Understanding Your Hormones

Hormones work together in a coordinated way, but they are not interchangeable. Shifts in hormone levels during midlife and menopause can affect many body systems, influencing how you feel and function overall.

"Estrogen and progesterone aren't interchangeable — they have different jobs."

Estrogen

Estrogen is important for:

- **Hot flashes** — helps keep body temperature regulated (lower levels can trigger hot flashes).
- **Vaginal and urinary tissues** — keeps these tissues healthy and comfortable.
- **Bones** — helps maintain bone strength.
- **Brain and other body systems** — influences mood, thinking, heart, skin, and overall well-being.

Progesterone

Progesterone is important for:

- **Menstrual cycles** — works with estrogen to keep cycles regular.
- **The uterine lining** — helps prepare and maintain a healthy lining.
- **Reproduction** — plays a key role in fertility and supporting a pregnancy.
- **Other whole-body effects** — influences systems throughout the body, including mood, sleep, and overall balance.

Testosterone

Women make testosterone too.

Testosterone is important for:

- **Sexual desire** — supports interest in and desire for sexual activity.
- **Sexual function** — helps with aspects of sexual response and satisfaction.
- **Muscle** — helps maintain muscle mass and strength.
- **Physical function** — supports energy, endurance, and overall physical performance and function.

Why This Matters in Menopause

- **Changing hormone levels can affect:** sleep, sexual health, urinary symptoms, bones, muscles, and quality of life.

What This Handout Will Cover

- **Progesterone** — what it does, forms, and use.
- **Testosterone** — what it does, forms, and use.
- **Menopausal hormone therapy** — an overview of what it is and key considerations.

HORMONES & MENOPAUSAL HORMONE THERAPY

Progesterone – The Other Half of the Conversation

WHAT IS PROGESTERONE?

Progesterone is a key hormone that works alongside estrogen to keep many systems in balance, especially the reproductive system.

PROGESTERONE IS IMPORTANT FOR:

- **Menstrual cycles** (regulates and stabilizes)
- The **uterine lining** (prepares and maintains it)
- **Reproductive function** (supports conception and early pregnancy)
- **Other effects throughout the body** (e.g., mood, sleep, brain, bone and overall **well-being**)

FORMS OF PROGESTERONE

Progesterone can be prescribed in different forms, depending on your needs, symptoms and health history.

Oral capsules/tablets	Swallowed by mouth.
Vaginal capsules/tablets	Inserted vaginally, often used at bedtime.
Vaginal gels	Applied inside the vagina.
Injections	Usually intramuscular (into a muscle), depending on the medication.
Creams	Some progesterone creams are available, although absorption can be variable and they aren't interchangeable with prescription products.
Hormonal IUDs	Release a progestogen (a synthetic, progesterone-like hormone) locally in the uterus rather than progesterone itself.

KEY TAKEAWAY

- ✓ Progesterone has a unique and important role in the body.
- ✓ It works in partnership with **estrogen**.
- ✓ There are several effective forms, and the right one depends on your individual needs.

IMPORTANT DISTINCTION

Progesterone and **progestogens** are not the same. Progestogens are synthetic, progesterone-like hormones (e.g., in some IUDs and hormonal therapies) that act in a similar way, but they are different from **natural progesterone**.

HORMONES & MENOPAUSAL HORMONE THERAPY

Testosterone – Yes, Women Have Testosterone Too

YES, WOMEN HAVE TESTOSTERONE TOO

Testosterone is a key hormone for women's overall well-being, not just a male hormone. Women make it naturally in smaller amounts, and it plays an important role in many body functions.

TESTOSTERONE IS IMPORTANT FOR:

- **Sexual desire** – supports and maintains a healthy libido.
- **Sexual function** – contributes to arousal, response and satisfaction.
- **Muscle** – helps with muscle strength, tone and maintenance.
- **Physical function** – supports energy, stamina, bone health and overall vitality.

FORMS OF TESTOSTERONE

Testosterone can be prescribed in different forms, depending on your needs, symptoms and health history.

Injections	Usually intramuscular or subcutaneous; different preparations can last from days to several weeks.
Gels	Applied to the skin daily (e.g., to the arm, thigh or abdomen). Not in a form strictly for women.
Creams	Topical preparations applied to the skin.
Patches	Deliver testosterone through the skin for steady absorption.
Implants/Pellets	Placed under the skin and release testosterone gradually over several months.
Nasal Gel	Applied inside the nose, typically multiple times daily.
Oral/Buccal Formulations	Some testosterone products are designed to be absorbed through the mouth (e.g., under the tongue or against the cheek), although availability varies by country.

KEY TAKEAWAY

- ✓ Testosterone has important benefits for women.
- ✓ There are several effective forms.
- ✓ The right option depends on your individual needs, symptoms and health history.

IMPORTANT TO KNOW

Testosterone isn't a male hormone. It's a human hormone — and women make it too.

Your healthcare provider can help you determine if testosterone is appropriate for you, and which form and dose are the best fit.

HORMONES & MENOPAUSAL HORMONE THERAPY

Menopausal Hormone Therapy (MHT) — Understanding Your Options

WHAT IS MHT?

Menopausal Hormone Therapy (MHT) is a treatment that replaces hormones (most often estrogen, with or without progesterone) that the body is no longer producing at previous levels.

KEY BENEFITS (WHEN APPROPRIATE)

- Relieves common menopausal symptoms (e.g., hot flashes, night sweats, sleep disruption).
- Supports vaginal and urinary health (e.g., dryness, comfort and recurrent irritations).
- Helps maintain bone health and reduce the risk of osteoporosis.
- Can improve overall quality of life, comfort and well-being.

TYPES OF HORMONE THERAPY

SYSTEMIC HORMONE THERAPY

Hormone enters the bloodstream and works throughout the body.

May help with:

- Hot flashes and night sweats
- Sleep and mood changes
- Bone health (helps prevent bone loss)
- Overall menopausal symptom relief

LOCAL VAGINAL ESTROGEN

A lower-dose estrogen that primarily treats tissues locally (vagina, urinary tract).

May help with:

- Vaginal dryness and discomfort
- Painful intercourse
- Urinary urgency, frequency or recurrent urinary tract irritations
- Tissue health and comfort

KEY TAKEAWAY

- MHT is not “one-size-fits-all.”
- There are different types, doses and delivery methods.
- The right approach depends on your symptoms, health history, risk factors and personal goals.
- Work with a trusted healthcare provider to create a plan that is right for you.

THE BIGGER PICTURE

“The question isn’t simply whether hormones are good or bad, but whether they are appropriate for this woman, at this time, in this form.”

ROAR

Understanding Sexual & Urinary Changes

What Changes, Why It Happens & What Can Help

WHAT TO EXPECT

During and after menopause, changes in estrogen and other hormones can affect your sexual health and urinary function. These changes are common, treatable, and can be managed with the right information, care and support.

WHY IT HAPPENS

The decline in estrogen during perimenopause and menopause can lead to natural changes in the vaginal, bladder and urethral tissues, including:

- Thinner, less elastic tissue
- Reduced natural lubrication
- Changes in the balance of the urinary system
- Greater sensitivity and a higher risk of irritation or infection

COMMON CHANGES

SEXUAL CHANGES

- Vaginal dryness and discomfort
- Changes in sensitivity or arousal
- Decreased libido (sex drive)
- Discomfort or pain with intercourse (dyspareunia)
- Changes in overall sexual satisfaction

URINARY CHANGES

- Increased frequency (needing to go more often)
- Urgency (a sudden, strong need to urinate)
- Leaking with coughing, sneezing or exercise (stress incontinence)
- Recurrent urinary tract infections (UTIs)
- A sense of bladder sensitivity or irritation

PRACTICAL CARE FOR COMFORT & HEALTH

- Use a high-quality vaginal moisturizer (regularly, not just during intimacy).
- Choose a water-based or silicone-based lubricant for greater comfort.
- Do pelvic floor exercises (Kegels) to strengthen bladder control and support sexual function.
- Stay well-hydrated and maintain good fluid intake.
- Follow a nutrient-rich, anti-inflammatory diet and maintain a healthy weight.

TREATMENT OPTIONS
(DISCUSS WITH YOUR HEALTHCARE PROVIDER)

- ✓ **Local vaginal estrogen** (low-dose) — can improve vaginal dryness, comfort and urinary health with minimal systemic effects.
- ✓ **Menopausal hormone therapy (MHT)** — can relieve vaginal and urinary symptoms and also support overall well-being.
- ✓ **Non-hormonal options** — such as vaginal moisturizers, lubricants and certain prescriptions or over-the-counter treatments.

WHEN TO SEEK PROFESSIONAL CARE

- ✓ If you are experiencing **persistent or worsening** discomfort.
- ✓ If urinary urgency, leakage or frequent infections are affecting your quality of life.
- ✓ If pain during intimacy continues despite self-care strategies.
- ✓ To discuss whether hormone therapy or other treatments are right for you, based on your personal health history and risk factors.

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ROAR

Understanding Sexual & Urinary Changes

Supporting Intimacy, Confidence & Quality of Life

SUPPORTING INTIMACY & CONNECTION

- ✓ Keep the conversation open with your partner about changes and needs.
- ✓ Explore different forms of intimacy that feel comfortable and fulfilling.
- ✓ Use vaginal moisturizers or lubricants to reduce dryness and discomfort.
- ✓ Be patient and compassionate with yourself — your body is changing, and that's okay.

BLADDER & URINARY HEALTH — EVERYDAY TIPS

- ✓ Stay well-hydrated, but spread fluids throughout the day.
- ✓ Avoid common bladder irritants (e.g., caffeine, alcohol, acidic or spicy foods).
- ✓ Empty your bladder regularly and completely.
- ✓ Do Kegel (pelvic floor) exercises to strengthen bladder control.
- ✓ If you experience frequent urinary tract infections (UTIs), talk to your healthcare provider about prevention strategies.

HEALTHY HABITS FOR OVERALL WELL-BEING

- Stay active (especially strength training and core/pelvic floor work).
- Eat a nutrient-rich, anti-inflammatory diet.
- Maintain a healthy weight.
- Manage stress and prioritize quality sleep.
- Consider a holistic approach that combines lifestyle habits, self-care and medical treatment (when needed).

QUESTIONS FOR YOUR HEALTHCARE PROFESSIONAL

1. Are my sexual or urinary changes related to menopause?
2. What treatment options are right for me (e.g., local estrogen, MHT or non-hormonal)?
3. Can you recommend strategies to improve comfort and intimacy?
4. What can I do to reduce my risk of recurrent UTIs?
5. Are there lifestyle changes or other resources you recommend?

YOUR PERSONAL ACTION PLAN

- ☐ **Stay active** — include strength and pelvic floor exercises.
- ☐ **Focus on good nutrition** — aim for a balanced, nutrient-rich diet (e.g., adequate protein, calcium and vitamin D).
- ☐ **Support bone and muscle health** — through diet, physical activity and, if needed, supplements.
- ☐ **Stay well-hydrated** — and limit bladder irritants.
- ☐ **Use vaginal moisturizers or lubricants** — for comfort and to support intimacy.
- ☐ **Follow up with my healthcare provider** — to discuss treatment options and create a plan that's right for me.
- ☐ **Seek support and reliable information** — such as the Reference Information Handout for recommended books and podcasts.

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PART II — SKINCARE MASTERCLASS

You Have Choices

MySisterSkin — Instagram & YouTube | Doctorly — Instagram & YouTube

The Skincare Layering Rule

Thinnest to thickest — but the bigger issue is using active ingredients appropriately and avoiding unnecessary irritation.

CLEANSE › HYDRATE › TREAT › MOISTURIZE › PROTECT

Your Morning Skincare Routine

SIMPLE STEPS. HEALTHY. RADIANT SKIN.

01 **Cleanser**
Cleanse or rinse if skin is dry/sensitive.

02 **Toner / Essence**
Optional.

03 **Vitamin C**
Morning antioxidant step.

04 **Other serums**
E.g., hyaluronic acid, niacinamide, peptides.

05 **Eye cream**
Optional.

06 **Moisturizer**
As needed.

07 **Sunscreen SPF 30+**
Always last before makeup.

Vitamin C + sunscreen is an excellent morning combination.

Your Nighttime Skincare Routine

SIMPLE STEPS. RESTED SKIN. RADIANT RESULTS.

01 **Remove makeup / cleanse**
Double cleanse if needed.

02 **Toner / Essence**
Optional.

03 **Treatment / active ingredient**
Retinol OR glycolic acid, depending on the night.

04 **Hydrating serum**
As needed.

05 **Eye cream**
Optional.

06 **Moisturizer**
Seal in hydration.

Simple version:
Cleanser → Treatment/Serum → Moisturizer

Helpful Tips & Reminders

- You don't need every step.
- Give products a little time to absorb.
- Sunscreen is the final skincare step in the morning.
- Keep routines simple and consistent.

Daily Skincare Routine & Weekly Treatment Guide

Targeted Care for Renewed, Healthy, Radiant Skin

YOUR WEEKLY SKINCARE PLAN

A simple rhythm that balances active treatments with recovery for healthy, resilient skin.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Retinol	Recovery	Glycolic Acid	Recovery	Retinol	Recovery	Glycolic Acid or Recovery

YOUR TARGETED NIGHT ROUTINES

Three focused routines to renew, exfoliate and restore.

RETINOL NIGHT

Renew • Smooth • Strengthen

1. **Cleanser** — Remove impurities and prepare your skin.
2. **Hydrating Serum** — Add hydration and support.
3. **Retinol** — Use a pea-sized amount (e.g., 0.5%–1%) and introduce slowly.
4. **Eye Cream** — Hydrate and support the delicate eye area.
5. **Moisturizer** — Lock in moisture and reduce potential dryness.

GLYCOLIC ACID NIGHT

Exfoliate • Refine • Brighten

1. **Cleanser** — Gently cleanse to prepare your skin.
2. **Glycolic Acid** — Use a glycolic acid (e.g., 5%–10%) to gently exfoliate and smooth texture.
3. **Hydrating Serum** — Replenish moisture and soothe the skin.
4. **Eye Cream** — Nourish and hydrate the eye area.
5. **Moisturizer** — Restore hydration and support the skin barrier.

RECOVERY NIGHT

Hydrate • Soothe • Restore

1. **Cleanser** — Gently remove makeup, sunscreen and daily buildup.
2. **Hydrating Serum** — Use a hydrating serum (e.g., hyaluronic acid).
3. **Eye Cream** — Support and hydrate the delicate eye area.
4. **Rich Moisturizer** — Nourish and support the skin barrier.
5. **Optional: Mask** — (e.g., 111SKIN NAC Y²) for extra hydration and renewal.

KEY GUIDELINES FOR SUCCESS

- **Alternate active ingredients** — Do not use retinol and glycolic acid on the same night.
- **Use recovery nights** — To keep your skin calm and hydrated.
- **Start slowly** — Introduce actives gradually and increase frequency as tolerated.
- **Be consistent** — Give products time to work (usually 4–8 weeks).
- **Adjust for your skin** — Modify based on your skin's needs, tolerance and any professional guidance.

THE SIMPLIFIED OPTION

A gentle, effective routine if you prefer fewer steps.

Morning: Cleanser → Moisturizer → Sunscreen (SPF 30+)

Evening: Cleanser → Moisturizer



Skincare Product Recommendations

High-Quality Options for Every Budget & Skin Goal

CLEANSER
Remove impurities and prep your skin.





CeraVe Hydrating	Youth to the People Superfood Cleanser	Drunk Elephant Mello Marula Cleanser
Economical ~$22 CAD	Mid-Range ~$39 CAD	Luxury ~$50 CAD

VITAMIN C SERUM
Brighten, protect and support collagen.





Timeless Vitamin C Serum	La Roche-Posay Pure Vitamin C12 Serum	SkinCeuticals C E Ferulic
Economical ~$30 CAD	Mid-Range ~$50 CAD	Luxury ~$230 CAD

HYDRATING SERUM
Add lasting hydration and plumpness.





The Ordinary Hyaluronic Acid 2% + B5	Vichy Minéral 89	SkinCeuticals Hydrating B5 Gel
Economical ~$10–15 CAD	Mid-Range ~$35 CAD	Luxury ~$120 CAD

EYE CREAM
Hydrate, smooth and support the eye area.





RoC Retinol Correxion® Eye Cream	Sunday Riley Auto Correct Eye Cream	Shiseido Vital Perfection Eye Cream
Economical ~$30 CAD	Mid-Range ~$55 CAD	Luxury ~$95 CAD

MOISTURIZER
Lock in hydration and support the skin barrier.





CeraVe Moisturizing Cream	Olay Regenerist Vitamin C + Peptide 24	Skinbetter AlphaRet® Overnight Cream
Economical ~$22 CAD	Mid-Range ~$45 CAD	Luxury ~$180 CAD

SUNSCREEN
Daily protection from UV damage.





La Roche-Posay Anthelios Ultra-Fluid SPF 50+	EltaMD UV Clear	SkinCeuticals Physical Fusion UV Defense SPF 50
Economical ~$22 CAD	Mid-Range ~$55 CAD	Luxury ~$60 CAD

RETINOL (NIGHT)
Renew, smooth and improve skin texture.





CeraVe Resurfacing Retinol Serum	Dermalogica Dynamic Skin Retinol Serum	SkinCeuticals Retinol 1.0
Economical ~$30 CAD	Mid-Range ~$90 CAD	Luxury ~$145 CAD

GLYCOLIC ACID
Gently exfoliate for a brighter, smoother complexion.





The Ordinary Glycolic Acid 7% Toning Solution	Kiehl's Ultra Pure 9.8% Glycolic Serum	Drunk Elephant T.L.C. Framboos™ Glycolic Night Serum
Economical ~$16 CAD	Mid-Range ~$60 CAD	Luxury ~$95 CAD

TONER / ESSENCE
An optional step for added hydration.





The Ordinary Hydrating Toner (Saccharide Isomerate)	Vichy Minéral 89	SK-II Facial Treatment Essence
Economical ~$10–15 CAD	Mid-Range ~$35 CAD	Luxury ~$250 CAD

SHOPPING TIPS

- **Start with the essentials:** cleanser, moisturizer and sunscreen.
- **Add one active at a time** (e.g., vitamin C, retinol or glycolic acid).
- **Choose products** based on your skin goals, tolerance and budget.
- **Give new products time to** work (usually 4–8 weeks).

REMEMBER:

The best skincare routine is the one you will use consistently and that works for your skin.

ROAR

Skincare Product Recommendations

High-Quality Options for Every Budget & Skin Goal

EYE CREAM | *Hydrate, smooth and support the delicate eye area.*

ECONOMICAL ~$30 CAD	MID-RANGE ~$55 CAD	LUXURY ~$95 CAD
		
RoC Retinol Correxion® Eye Cream	**Sunday Riley Auto Correct Eye Cream**	**Shiseido Vital Perfection Eye Cream**

KEY POINTS

- Helps hydrate and plump the eye area.
- Can smooth the look of fine lines and support firmness.
- Look for ingredients such as retinol (gentle eye formulas), peptides or antioxidants.

MY PICK: Shiseido for luxury; RoC for a value option.

MOISTURIZER | *Lock in hydration and support the skin barrier.*

ECONOMICAL ~$22 CAD	MID-RANGE ~$45 CAD	LUXURY ~$180 CAD
		
CeraVe Moisturizing Cream	**Olay Regenerist Vitamin C + Peptide 24**	**Skinbetter Science AlphaRet® Overnight Cream**

KEY POINTS

- Helps maintain the skin barrier and long-lasting hydration.
- Choose a texture that fits your skin type (e.g., gel, cream or richer cream).
- Can include proven ingredients such as ceramides, peptides and antioxidants.

TIP: A good moisturizer keeps skin comfortable, resilient and balanced.

SUNSCREEN | *Daily protection from UV damage.*

ECONOMICAL ~$22 CAD	MID-RANGE ~$55 CAD	LUXURY ~$60 CAD
		
La Roche-Posay Anthelios Ultra-Fluid SPF 50+	**EltaMD UV Clear SPF 46/50**	**SkinCeuticals Physical Fusion UV Defense SPF 50**

KEY POINTS

- Daily broad-spectrum sunscreen is the most important anti-aging skincare step.
- Choose SPF 30 or higher (SPF 50 is ideal).
- Use every morning, year-round — even on cloudy days.
- Reapply during extended time outdoors.

MY ADVICE: Find a sunscreen you will use consistently every day.

KEEP IN MIND

- Prices are approximate (CAD) and may vary by retailer and promotions.
- Choose formulations that fit your skin type, goals and tolerance.
- You do not need luxury products in every category to have an effective routine.

NEXT: *Retinol, Glycolic Acid & Toner / Essence*

Skincare Product Recommendations

High-Quality Options for Every Budget & Skin Goal

RETINOL — YOUR MAIN NIGHTTIME ACTIVE | *Renew, smooth and improve skin texture.*

ECONOMICAL ~$30 CAD	MID-RANGE ~$90 CAD	LUXURY ~$145 CAD
		
CeraVe Resurfacing Retinol Serum	**Dermalogica Dynamic Skin Retinol Serum**	**SkinCeuticals Retinol 1.0**

KEY POINTS

- Helps improve fine lines, texture and overall skin tone.
- Start with a lower strength (e.g., 0.3%–0.5%) and increase gradually.
- Use at night only and introduce slowly (1–2 nights per week to start).

IMPORTANT: *Do not start with the 1.0% product if you are new to retinol.*

GLYCOLIC ACID — FOR TEXTURE AND BRIGHTNESS | *Gently exfoliate for a smoother, brighter complexion.*

ECONOMICAL ~$16 CAD	MID-RANGE ~$60 CAD	LUXURY ~$95 CAD
		
The Ordinary Glycolic Acid 7% Toning Solution	**Kiehl's Ultra Pure 9.8% Glycolic Acid Serum**	**Drunk Elephant T.L.C. Framboos™ Glycolic Night Serum**

KEY POINTS

- Helps remove dead skin cells, smooth texture and brighten skin tone.
- Use 1–3 times per week, depending on your skin's tolerance.
- There is little reason to spend $100+ on a glycolic acid; excellent options exist at every price point.

MY PICK: *The Ordinary 7%*
An effective, economical choice for most people.

TONER / ESSENCE (OPTIONAL) | *An optional step for added hydration and balance.*

ECONOMICAL ~$10–15 CAD	MID-RANGE ~$35 CAD	LUXURY ~$250 CAD
		
The Ordinary Hydrating Toner (Saccharide Isomerate)	**Vichy Minéral 89**	**SK-II Facial Treatment Essence**

KEY POINTS

- Adds an extra layer of hydration and helps the rest of your products work better.
- This is not essential, so you do not need to spend a lot here.
- If you are simplifying your routine, this is one of the first steps you can remove.

MY ADVICE: *Skip toner/essence first if you want a streamlined routine.*

KEY TAKEAWAYS

- **Focus** on what your skin needs: hydrate, protect, renew and maintain.
- **Introduce** active ingredients gradually and listen to your skin.
- **Excellent options exist at every** price point.
- You do not need every product to achieve healthy, radiant skin.

ROAR

Smart Skincare Shopping Priorities

Spend Wisely. Build a Routine That Works.



1. **Sunscreen** — Your daily essential. The most important anti-aging step. — PRIORITY INVESTMENT
2. **Vitamin C** — Brightens, protects and supports collagen. — WORTHWHILE SPLURGE
3. **Retinol** — Renews skin, smooths texture and improves firmness. — WORTHWHILE SPLURGE
4. **Moisturizer** — Locks in hydration, supports the skin barrier and keeps skin resilient. — SAVE
5. **Cleanser** — Removes impurities and prepares your skin for treatment. — SAVE
6. **Glycolic Acid** — Gently exfoliates to smooth texture and brighten skin tone. — SAVE
7. **Hydrating Serum** — Adds deep, lasting hydration (e.g., hyaluronic acid). — SAVE
8. **Eye Cream** — Targets the delicate eye area (e.g., hydration, fine lines, firmness). — OPTIONAL SPLURGE
9. **Toner / Essence** — Adds an extra layer of hydration and can enhance product absorption. — OPTIONAL

THE BIG PICTURE

A strategic way to get high-performance results without a luxury-only price tag.

KEY GUIDELINES

- Start with the essentials: cleanser, moisturizer and sunscreen.
- Add one active at a time (e.g., vitamin C, retinol or glycolic acid).
- Choose products based on your skin goals, tolerance and budget.
- Keep your routine consistent and allow 4–8 weeks to see results.

KEY TAKEAWAYS

- Focus on what your skin needs: hydrate, protect, renew and maintain.
- Introduce active ingredients gradually and listen to your skin.
- Excellent options exist at every price point.
- You do not need every product to achieve healthy, radiant skin.

ROAR

Luxury Skincare Shortlist

High-Performance Favourites for Visible, Lasting Results



CLEANSER
Gentle, effective and skin-friendly.



- SK-II Facial Treatment Cleanser
- La Prairie Foam Cleanser

VITAMIN C SERUM
Brightens, evens tone and supports collagen.



- SkinCeuticals C E Ferulic®
- Estée Lauder Advanced Night Repair

HYDRATING SERUM
Deep hydration, plumps and improves texture.



- Lancôme Rénergie H.C.F. Triple Serum
- Sisley Hydra-Global

MOISTURIZER
Nourishes, firms and strengthens the skin barrier.



- La Mer Crème de la Mer™
- Tatcha The Dewy Skin Cream

EYE CREAM
Targets firmness, fine lines and under-eye hydration.



- Estée Lauder Revitalizing Supreme+ Eye Balm
- Clinique Smart Clinical Repair™ Eye Cream

NIGHT TREATMENT (RETINOL)
Renews, smooths and improves skin texture.



- ZO® Skin Health Retinol Skin Brightener
- Alastin® Renewal Retinol

WHY LUXURY?

- Advanced, clinically proven ingredients and higher concentrations.
- Refined formulations that deliver visible and lasting results.
- A worthwhile investment, especially for mature and changing skin.

ROAR

Your Personal Skincare Plan

From Learning to Action — Building a Routine That Works for You

1. MY SKIN'S CURRENT NEEDS

Check all that apply:

- ☐ Dryness / Dehydration
- ☐ Sensitivity / Reactivity
- ☐ Uneven Tone / Dark Spots
- ☐ Fine Lines / Wrinkles
- ☐ Loss of Firmness / Elasticity
- ☐ Uneven Texture / Pores
- ☐ Dullness / Lack of Radiance
- ☐ Other: _____

2. MY THREE ESSENTIAL PRODUCTS

My daily foundation for healthy, resilient skin:

- ☐ **Cleanser:** _____
- ☐ **Moisturizer:** _____
- ☐ **Sunscreen (SPF 30+):** _____

3. MY MORNING & EVENING ROUTINE

***Morning Routine** (Protect & Hydrate)*

1. _____
2. _____
3. _____
4. _____

***Evening Routine** (Cleanse & Renew)*

1. _____
2. _____
3. _____
4. _____

4. TREATMENTS I'D LIKE TO EXPLORE

Consider introducing one at a time, as tolerated.

- ☐ **Vitamin C** (brighten & protect)
- ☐ **Retinol** (renew & improve texture)
- ☐ **Glycolic Acid** (exfoliate & smooth)
- ☐ **Hydrating Serum** (deeper, lasting hydration)
- ☐ **Eye Treatment** (firm & refresh)
- ☐ Other: _____

5. MY SKINCARE SHOPPING PRIORITIES

The next 1–3 products I plan to purchase:

Product	Goal / Benefit	Budget (CAD)
1.		
2.		
3.		

6. MY FOUR-WEEK PROGRESS REVIEW

After 4 weeks, note what you're noticing:

- ☐ Improvements: _____
- ☐ Any Irritation / Sensitivity: _____
- ☐ What's Working Well: _____
- ☐ Adjustments I Plan to Make: _____

SKIN SAFETY REMINDERS

- **Introduce new products** slowly (one at a time).
- **Patch test first** (e.g., behind the ear or on the jawline).
- **Avoid overuse** of active ingredients (e.g., retinol, glycolic acid).
- Use daily **sunscreen** (SPF 30+), even on cloudy days.
- Seek professional advice for persistent irritation, reactions or concerning skin changes.

Pastor Jenn's Choice List

Skincare categories and recommended products

Compounded / Oestrogen Cream

1. Dr. Pen
2. Derma Stamp
3. Burning Pen
4. Medicube Collagen Night Wrapping Mask



Microderm Abrasion

1. Exuviance Advanced Series Face Polish



Retinol

1. ZO Skin Health by Zein Obagi
2. Retin-A 0.05% (from Modern Menopause)



Sunscreens

1. La Roche-Posay + Philo SPF 50+
2. Neutrogena Hydro Boost Hyaluronic Acid Moisturizer SPF
3. Bondi Sands Face SPF 50+
4. Neutrogena Mineral UV Tint SPF 30



Moisturizers

1. The Inkey List Omega Water Cream
2. Neutrogena Hydro Boost
3. e.l.f. Skin Holy Hydration SPF 30
4. Vaseline



Toner

1. Medicube PDRN Pink Niacinamide Milky Toner
2. Anua Rice 70+ Ceramide Milky Toner
3. The Ordinary Glycolic Acid Toner



Pastor Jenn's Choice List

Skincare categories and recommended products

Cleansers

1. Banu Chamomile Jelly Cleanser
2. Skin Non-Negotiables Olive & Enzyme PM Cleanser
3. Neutrogena Ultra Light Cleansing Oil



Body Oils

1. Bioderma Atoderm Cleansing Oil *(for body, face & hands)*
2. Nurium The Smoother Glycolic Acid Body Wash



Serums

1. The Ordinary Rice, Lipids & Ectoin Micro-Emulsion
2. TosoWoong Nine Peptide Skin Booster Serum
3. e.l.f. Skin Vitamin C + E + Ferulic Serum
4. Volufiline 92% targeted plumping serum
5. Volume Up Time Block Serum with Volufiline
6. Nurium Multi Peptide Advanced Serum
7. Medical-grade needleless growth factor serum



Dark Spot Corrector

1. Phyto-Blanc
2. Sungboon Koji Acid Niacinamide Brightening Ampoule
3. Sungboon PDRN Pink Vitamin Glow Boosting Ampoule



Eyes

1. Exuviance Total 360 Eye Contour



Additional Creams

1. d'Alba Piedmont Intensive Volufiline Grinding Cream for Firmer Skin
2. Dr Reju-All Advanced Ceramide Barrier Cream

