

# Navigating Menopause: Empowering women through change

## 2025 Excel Your Well Webinar Series

Whether you're ready to embrace it or feeling uncertain, **menopause is a natural stage every woman will experience.** Menopause may feel like entering a new city without a map—unfamiliar, unexpected, and sometimes unnoticed until you're already through it.

At Excellus BlueCross BlueShield, we care about the health and wellbeing of our members. As part of our 2025 wellbeing webinar series, we are hosting a live **"Navigating Menopause: Empowering Women Through Change"** webinar.



This informing and empowering webinar, hosted by **Dr. Kathleen Robischon**, will help you better understand menopause, navigate its changes, and feel supported every step of the way. The 45-minute webinar will cover:

- Understanding the menopausal transition
- Common menopause symptoms
- Tips to help you cope with menopause symptoms
- Staying healthy during menopause
- Menopause and work
- Additional benefits and resources offered by Excellus BCBS to support your health and wellbeing\*

**When our members have the information and support they need to make their health a priority, everybody benefits!**

**Webinar date: Wednesday, October 29**

**Webinar time: Noon – 12:45 p.m.**



**To register** for the upcoming webinar, please scan the QR code or click [here](#).

Excellus 

**Everybody Benefits**

\*Availability of benefits and coverage varies by contract  
Excellus BlueCross BlueShield is a nonprofit independent licensee  
of the Blue Cross Blue Shield Association.

21364-25W A11Y\_CRG\_09022025