

Let's talk perimenopause.

You're invited to a 90-minute evidence-based masterclass exploring how oestrogen decline affects multiple body systems and the complementary strategies practitioners can use to support women through perimenopause.

Key takeaways

- A whole-body understanding of the menopausal transition beyond vasomotor symptoms
- Practical strategies including phytoestrogens, targeted probiotics & nutritional support
- CPD-eligible with certificate provided

What's included

Enjoy a delicious two-course meal served during the presentation in a relaxed, professional setting conducive to learning and networking.

Plus, an Activated gift bag with products and educational resources.

Tickets \$69.95 | Students \$49.95



[Register now](#)

Limited seats available.



Rebecca Edwards

BA, Adv Dip Nat, Dip Nut

Director of Education,
Activated Probiotics



MEL

30 Apr

The Olsen
Melbourne

SYD

7 May

Rydges
Sydney Central

PER

14 May

Pagoda
Resort & Spa

BNE

20 May

Hotel Grand
Chancellor

ADL

26 May

Hilton
Adelaide

The menopausal transition affects far more than vasomotor symptoms alone. Oestrogen decline drives changes across virtually every body system, from cardiovascular and musculoskeletal health to mood, sleep, digestion, and the genitourinary tract. However, clinical management often focuses on the most obvious vasomotor presentations.

This 90-minute masterclass, presented by Activated Probiotics Director of Education Rebecca Edwards, deepens practitioners' understanding of the physiological changes occurring across each body system during the menopausal transition, and explores evidence-based complementary strategies for supporting women through perimenopause and beyond.

From phytoestrogen therapy and targeted probiotic interventions to nutritional support for the metabolic shifts of midlife, this session equips practitioners with a comprehensive, multi-system framework spanning vasomotor symptom management, cardiovascular risk reduction, bone density preservation, mood and sleep support, digestive health, and genitourinary care.

Bookings are essential. Capacity is strictly limited.

