

Department of Gynaecology & Nutrition,
Fernandez Hospital and FHERF present a
CME on Lifestyle Medicine & Menopause

Decode Menopause. Reclaim Your Well-being

Menopause is not the end of vitality. It is a new phase of strength, awareness, and transformation.

From hot flashes and sleep disturbances to mood changes, weight gain, bone health, and emotional well-being, menopause can affect every aspect of a woman's life.

This comprehensive CME explores how evidence-based lifestyle changes can help women navigate menopause with greater confidence, balance, and quality of life.

WHAT YOU'LL GAIN

Learn how the six pillars of Lifestyle Medicine can transform menopausal health:

- Nutrition
- Exercise & Physical Activity
- Sleep
- Stress Management
- Positive Psychology
- Healthy Lifestyle Habits




WHO SHOULD ATTEND

- Doctors, Nutritionists
- Physiotherapists
- Doctors practicing lifestyle medicine Doctors who want to have a healthy menopausal transition

CANCELLATION & REFUND POLICY

- No refunds or cancellations will be accepted



-  2 AUGUST 2026
-  9.00 AM - 5.00 PM
-  Necklace Road, Auditorium,
Fernandez OP Clinic, Sec'bad

REGISTRATION FEES

Doctors/Others ₹ 3,000

PGs/Students ₹ 2,000

HYBRID MODE/ONLINE ALSO AVAILABLE

₹ 2,000

Limited to **FIRST 50** participants
only in Physical!

**HURRY, RESERVE YOUR
SEAT, TODAY!**

https://bit.ly/Menopause_Aug2026

NOTE

- Only E-certificates will be given for Hybrid Delegates without TGMC credit points