



ThriveWell
EXPERIENCES

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Panel Experts

Dr. Jila Senemar
Board-Certified OB/GYN
Menopause Society
Certified Practitioner
JilaMD Founder

Rochelle Clarke, Ph.D
LMFT, EMDR, New Leaf
Strategies Founder

Dr. Lourdes Diez-Arguelles
Doctor of Physical
Therapy, Pelvic Floor
Specialist, Freya Co-
Founder

Women's Health: UNFILTERED

A Live Women's Health Forum

October 10, 2026

Betsy Hotel ~ Miami Beach

9:00am

**Breakfast, Partner Marketplace &
Educational Exhibits**

9:40am

**Opening Remarks ~Violette de Ayala,
FemCity Founder**

10:00am

The Hidden Costs of Women's Health

- **Identity & Confidence:** Hormonal changes, self-advocacy and changing sense of self =“New Identity.”
- **Health Costs:** Mental health, memory, anxiety, mood, confidence, sleep, weight and metabolic changes.
- **Financial & Access Costs:** Treatment options, insurance coverage and access to quality care.
- **Relationship & Intimacy Costs:** Intimacy, pelvic health and the impact of hormonal changes on partners, friendships and family relationships.

www.ThriveWellExperiences.com



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Panel Experts

Dr. Michelle Pearlman
Physician Nutrition
Specialist
Gastroenterology &
Obesity Medicine,
Prime Institute Co-
Founder

Maryon Stewart, BEM
Femmar Founder,
Pioneer of Natural
Hormone Solutions

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11:00am

Q&A - The Audience has the Mic

11:30am

Confusion to Clarity: What Do I Do Next?

- **Gut Health, Metabolism & the Menopause Connection:** Understanding digestion, bloating, inflammation, weight and metabolic changes.
- **Phytoestrogens & Non-Hormonal Options:** What nutrition, plant based approaches, supplements and evidence informed alternatives are available for women who cannot or choose not to use HRT.
- **Personal Pathway:** What to address first, who to see and what to do next.

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Featured Speakers

Wendy DeLucca, B.A.
ThriveWell Experiences
Founder & CEO,
Menopause Certified
Coach

Sandy Collum, M.S.
Industrial Organizational
Psychologist

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12:30pm

Q&A - The Audience has the Mic

1:00pm

Answers to a Menopause-Friendly Workplace

- **Recognize the Opportunity:** Understand how menopause support can improve awareness, wellbeing, confidence and workplace culture.
- **Know What Support May Be Available:** Explore benefits, healthcare resources, employee assistance programs and workplace wellness services.
- **Create Change Together:** Build workplaces where women feel informed, supported and able to stay, grow, lead and thrive.

1:30pm

**Closing Remarks -Marya Meyer, CEO
Women's Fund**

1:30pm

**Community Networking
Bites & Refreshments**