

WORKPLACE EDUCATION

Women's Hormone Hub

Evidence-based menopause & midlife education for the workplace

Midlife symptoms can affect sleep, concentration, confidence and the workday. Women's Hormone Hub delivers practical, evidence-based education that helps employees understand what is happening — and gives managers better tools to support their teams.

VIRTUAL · IN-PERSON · GTA

SIGNATURE CORPORATE SESSION

The Focus Reset

Sleep, brain fog & cognitive change at midlife

30^{MIN}

EXPRESS

A practical lunch & learn for busy teams.

60^{MIN}

WORKSHOP

Deeper education, practical strategies, interaction & Q&A.

- Why sleep, concentration and cognitive function can change at midlife
- Practical, evidence-based strategies that can support sleep and daily functioning
- When symptoms may warrant medication review or further clinical assessment

Every attendee leaves with practical take-home actions.

FOR MANAGERS & PEOPLE LEADERS

What to notice. What to say. What helps.

15 MIN · Mini-Briefing or **30 MIN · Manager Briefing**

Practical guidance for supportive conversations, reasonable workplace support and appropriate manager boundaries. Can be added to an employee session or delivered separately.

ALSO AVAILABLE The Midlife Reset — Hormones, HRT & Healthy Aging · Intimacy Reset — Sex, Hormones & Midlife · Custom workplace education



Evgenia "Jen" Zassepskai, PharmD, RPh

Registered Pharmacist & Clinical Instructor, Leslie Dan Faculty of Pharmacy, University of Toronto · 10+ years of community pharmacy practice · Founder, Women's Hormone Hub

Evgenia Zassepskai translates evidence on menopause and midlife health into practical education people can use at work and in everyday life.

Bring practical, evidence-based midlife education to your workplace.

Let's design a session that fits your team.

womenshormonehub.com

womenshormonehub@gmail.com

@womenshormonehub