

ONLINE WEBINAR

# RUNNING THROUGH MENOPAUSE

Date: Sunday, January 31, 2021

Time: 7:00-8:00 PM

Cost: Free

Join the following experts and learn important information to manage and optimize your training through the stages of menopause. We will interactively discuss:

- Signs of menopause - how do you know you are going through it?
- Truths and myths about HRT
- Body changes affecting your training
- Tips for avoiding injury

Please sign up [here](#) in order to receive the Zoom link to this webinar.



**Dr. Tobie Beckerman**  
OB/GYN and  
Integrative Gynecologist  
Beckerman Womens Health



**Rachel Miller**  
PT, OCS and  
RRCA Certified Running Coach  
ProAction Physical Therapy



**Lisa Levin & Julie Sapper**  
RRCA Certified Running Coaches  
Run Farther and Faster

