

Employee and Retiree Service Center
The Bulletin—May 6, 2026

Perimenopause at Work: The Metabolic and Medical Reality

Hot flashes are just the beginning.

Join Well Aware for this month's webinar on perimenopause, where we'll explore the full scope of changes that can occur during this stage of life. Topics will include shifting insulin sensitivity, changes in cholesterol levels, sleep disruption, mood swings, and changes in body composition. We'll also discuss when hormone therapy may be appropriate and what current evidence says about its risks and benefits.

Event Details

Date: Tuesday, May 26, 2026

Time: 12:00 p.m.

To register, [email Well Aware](#). After registering, you will receive the webinar link via Outlook, along with a calendar reminder.