



Population Health and Well-being Series

Redefining Women's Midlife and Menopause:
The Power of Lifestyle Medicine



Live Webinar

January 20, 2026
4:00-5:00 PM (Qatar Time)



Speaker

Dr. Michelle Tollefson

MD, FACLM, DipABLM, ABOG
Women's Health and Lifestyle Medicine
Obstetrician-Gynecologist and Board
Certified in Ob-Gyn and Lifestyle Medicine,
Menopause Specialist Certification,
Wellness Coach Certification
Professor MSU Denver Health Professions
Board of Directors, Paving the Path to
Wellness
USA

Dr. Michelle Tollefson is double board-certified in Obstetrics and Gynecology and Lifestyle Medicine, menopause certified through the North American Menopause Society, and a Fellow of the American College of Lifestyle Medicine. A menopause expert, international speaker, and pioneer in women's lifestyle medicine, she is dedicated to helping women live healthier, more vibrant lives at every stage of life.

An award-winning professor at Metropolitan State University of Denver, Dr. Tollefson created and oversees the world's first Bachelor of Science in Lifestyle Medicine. She serves as lead faculty for the ACLM Blue Zones Certification for Physicians and Health Professionals, and also chairs the International Competencies Committee developing the Women's Health specialty board certification in Lifestyle Medicine.

She is the Editor-in-Chief of Improving Women's Health Across the Lifespan and co-author of PAVING a Woman's Path Through Menopause and Beyond, PAVING the Path to Wellness Manual & Workbook, and PAVING Your Path Through Breast Cancer and Beyond. A breast cancer survivor and thriver, Dr. Tollefson continues to inspire women and healthcare professionals worldwide to reframe aging and redesign midlife as a time of possibility, purpose, and renewal.