



## 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

### Learning objectives:

- Analyze the role of nutrition, physical activity, stress management, and sleep optimization in mitigating symptoms and enhancing overall health during the menopausal transition.
- Identify effective strategies for integrating lifestyle medicine principles and evidence-based behavior change recommendations into clinical interactions with peri- and postmenopausal patients.
- Explain why the menopause transition offers a key opportunity for women to adopt lifestyle changes that positively shape long-term health outcomes.

**Target Audience:** Physicians, Nurses, Dentists, Pharmacists, Allied Health Practitioners, Students, Researchers, Educators and Administrators

**Free Registration:** Contact Us: [iph@qatar-med.cornell.edu](mailto:iph@qatar-med.cornell.edu)



#### DHP Accreditation Statement:

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions-Accreditation Section and is approved for a maximum of 1.0 hour.

The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.



#### ACCME Accreditation statement:

The Weill Cornell Medicine-Qatar is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

#### ACCME Credit Designation Statement:

The Weill Cornell Medicine-Qatar designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.