The Menopause Masterclass: A Holistic Approach to Menopause Health & Vitality

Thursday, May 28, 2026

In Person 8:00am–3:00pm (EDT) / via Zoom 8:30am–3:00pm (EDT)

Zucker School of Medicine | 500 Hofstra Boulevard | Hempstead, NY 11549

Course Director
Stephanie McNally, MD

Keynote Speaker
Sheryl Kingsberg, PhD

IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 5.0 Interprofessional Continuing Education (IPCE) Credits for learning and change.

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Northwell℠ Katz Institute for Women's Health

SCAN TO REGISTER

DONALD AND BARBARA ZUCKER SCHOOL of MEDICINE AT HOFSTRA/NORTHWELL

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Donald and Barbara Zucker School of Medicine at Hofstra/Northwell
Interprofessional Continuing Education (IPCE) Conference, also offered via Zoom

Program Agenda

8:00 AM	**Breakfast and Registration**	
8:30 AM	**Welcome Address/High Level Overview**	Stephanie McNally, MD Lauren Ecklund, RN
9:00 AM	**SESSION 1 – Postmenopausal Sexuality: Not an Oxymoron**	
	Keynote Presentation	Sheryl Kingsberg, PhD
10:30 AM	**Break/Exhibit Hall**	
10:45 AM	**SESSION 2 – Cancer, Sexual Health, &Pelvic Wellness**	
	Cancer	Veena John, MD
	Sexual Health	Jennifer Fariello Moldwin, MSN, WHNP-BC
	Pelvic Wellness	Nancy Mullins, MS, PT, PRPC
12:00 PM	**Lunch/Exhibit Hall**	
1:00 PM	**SESSION 3 – The Inside-Out: Bones, Skin, Hair & Lifestyle**	
	Bones	Stuart Weinerman, MD
	Skin and Hair	Pooja Shah, MD
	Lifestyle Medicine	Christine Duncan, MD, FACOG, IFMCP
2:00 PM	**Break/Exhibit Hall**	
2:10 PM	**SESSION 4 – Metabolism, Sleep, Mood: The Menopause Equation**	
	Metabolism	Iman Saleh, MD, FACOG
	Sleep	Anna Chang, MD
	Mood	Bella Grossman, PhD Stephanie McNally, MD
3:00 PM	**Conference Adjourns**	

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Statement of Need: This menopause CME will address healthcare teams' critical gaps across several areas. It aims to enhance nuanced breast cancer risk assessment and screening, alongside improving bone health screening and contemporary management strategies. The program will tackle the under-diagnosis and treatment of pelvic/sexual health issues, including providing effective pelvic exercise instruction. Furthermore, it will deepen understanding of hormonal impacts on hair and skin, offering evidence-based solutions, and foster better integration of comprehensive lifestyle medicine for holistic menopausal well-being through individualized advice on nutrition, exercise and stress.

Program Objectives: All Northwell Health CME-CE activities are intended to improve patient care, safety and outcomes. At the conclusion of this conference, participants should be able to:

APPLY comprehensive, evidence-based menopause care by integrating updated breast cancer and bone health screening practices.

EVALUATE & MANAGE pelvic and sexual health concerns with appropriate pelvic exercise instruction.

IDENTIFY hormone related hair and skin changes to guide treatment.

INCORPORATE lifestyle medicine strategies into individualized patient care.

INTERPRET evidence on hormonal and non-hormonal menopause therapies and integrate social, cultural and health-equity considerations to select safe, personalized treatment plans that improve symptom management and reduce disparities in menopausal care.

Target Audience: This activity was planned by and for Physicians, Nurse Practitioners, Nurses, Physician Assistants, Psychologists, Social Workers, Physical Therapists, Certified Midwives, Fellows, Residents and Medical Students. All other members of the health care team who are interested in menopause are welcome to attend.

JOINTLY ACCREDITED PROVIDER™ WITH COMMENDATION INTERPROFESSIONAL CONTINUING EDUCATION

Joint Accreditation Statement: In support of improving patient care, Northwell Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team.

Credit Designation Statements:

Physicians: Northwell Health designates this live activity for a maximum of *5.0 AMA PRA Category 1 Credits™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Nurses: Northwell Health designates this activity for 5.0ANCC contact hours.

Physician Assistants: Northwell Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 5.0 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

Physical Therapists: Long Island Jewish Medical Center, member of Northwell Health, is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This course is awarded 6.1 contact hours. Certificates of completion will be emailed to participants of the corresponding disciplines after the event. It is the responsibility of each participant to track contact hours as required by one's individual state licensing agency and to store this document for future reference.

Registered Dietitians and Dietetic Technicians, Registered: Northwell Health designates this activity for 5.0 CPEU contact hours. RDs and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.

Social Workers: Northwell Health, Inc: Corporate Care Coordination is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0855. 5.0 CEU credits.

Verification of Attendance: This will be provided to all attendees.

Location: Donald and Barbara Zucker School of Medicine at Hofstra/Northwell
500 Hofstra Blvd, Hempstead, NY 11549

In-Person Course Offering and Registration Fees:

❑ **$75.00**	Northwell Health Employees/ Regional Affiliates
❑ **$100.00**	Non-Northwell Employee
NO CHARGE	Residents/Medical Students (NO CME CREDIT)

In-Person Registration Fee Includes:
Breakfast, lunch, course materials, certificates, and parking.

Virtual Course Offering and Registration Fees:

❑ **$75.00**	All Attendees

Virtual Registration fee includes: Access to virtual conference, virtual course materials, and certificates.

Cancellation Policy: To receive a refund, all cancellations must be confirmed via email to **Samantha Steinberg, CME** Project Manager **ssteinber1@northwell.edu by 5.21.26.** An administrative fee of $10 will be kept for all cancellations. No refunds will be made after this date or for "no-shows."

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Disclosure Policy: Northwell Health adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME-CE activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible companies. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Americans With Disabilities Act: This conference is in compliance with provisions of the ADA and is accessible for individuals with special needs. If you would like to attend this conference and require any special accommodations, **please contact the Office of CME at (516) 730-2263.**

Course Director

Stephanie McNally, MD
Vice President, Obstetrics and Gynecology
Central Market
Associate Regional Ambulatory Physician Executive Director, Obstetrics and Gynecology
Katz Institute of Women's Health
Assistant Professor, Obstetrics and Gynecology
Zucker School of Medicine

Keynote Speaker

Sheryl Kingsberg, PhD
Chief, Behavioral Medicine
University Hospitals MacDonald Women's Hospital
University Hospitals Cleveland Medical Center
Professor, Reproductive Biology, Urology and Psychiatry
Case Western Reserve University

Program Faculty and Planners

Tanya Calabrese, MS, PA-C, MSCP*
Physicians Assistant, Obstetrics and Gynecology
Northwell Health

Anna Chang, MD
Physician, Pulmonology
Northwell Health

Michelle Lehmer Chiafulio, CM*
Certified Nurse Midwife
Northwell Health

Christine Duncan, MD, FACOG, IFMCP
Physician, Obstetrics and Gynecology
Clinical Assistant Professor, Obstetrics and Gynecology
Zucker School of Medicine

Lauren Ecklund, RN*
Assistant Vice President, Clinical Initiatives
Katz Institute for Women's Health

Jennifer Fariello, MSN, WHNP-BC
Women's Health Nurse Practitioner
Arthur Smith Institute for Urology, Pelvic Pain Center
Northwell Health

Bella Grossman, PhD*
Lead Clinical Psychologist
Katz Institute for Women's Health

Kristina Hartman, MS, RD, CDN*
Registered Dietitian
Katz Institute for Women's Health

Patricia Hidalgo, LCSW, PMHC*
Senior Social Worker
Katz Institute for Women's Health

Veena John, MD
System Head, GYN/Medical Oncology
Northwell Health Cancer Institute
Assistant Professor, Medicine
Zucker School of Medicine

Damiann Macgowan, PA-C*
Physicians Assistant, Obstetrics and Gynecology
Northwell Health

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Deborah McElligott, DNP, ANP-BC, AHN-BC, HWNC-BC, CDE*
Integrative Health and Wellness Coach
Center for Wellness and Integrative Medicine
Katz Institute for Women's Health
Clinical Assistant Professor, Science Education
Zucker School of Medicine

Nancy Mullins, MS, PT, PRPC*
Pelvic Floor Therapist
Northwell Health Physician Partners
Pelvic Health and Surgical Specialties Program
Katz Institute for Women's Health

Iman Saleh, MD, FACOG
Director, Obesity Medicine
South Shore University Hospital
Clinical Assistant Professor, Obstetrics and Gynecology
Zucker School of Medicine

Pooja Shah, MD
Dermatology Specialty Director
Katz Institute for Women's Health
Director, Women's Skin Health & Wellness
Northwell Health
Assistant Professor, Dermatology
Zucker School of Medicine

Dia Shepardson, CM*
Midwife, Obstetrics and Gynecology
Northwell Health

Vanessa Soviero, MD*
Medical Director, OB/GYN of Islandia
Northwell Health
Clinical Assistant Professor, Obstetrics and Gynecology
Zucker School of Medicine

Meghan Tveit*
Resident, Obstetrics and Gynecology
Northwell Health

Stuart Weinerman, MD
Director, Fellowship Education
Northwell Health
Assistant Professor, Medicine
Zucker School of Medicine

*** Denotes Planners**

Conference Coordinated by

Northwell Health's
Office of Continuing Medical Education
Samantha Steinberg, BA, Project Manager
Nancy L. Petrone, Senior Manager
Aneesah Sandhu, Director, Medical Education
Penny Stern, MD, Assistant Vice President, Medical Education

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