# **Hosting your webinar:**

# The Foundation for Female Health Awareness Q1 webinar is on “Healthy Menopause”. The webinar is ideal for providers who offer hormone therapy, menopause management, vaginal lasers, or weight management programs. The webinar is pre-recorded and you can invite patients and social media followers to watch it and then follow up with them to schedule consultations.

You’re able to host this webinar yourself on either Facebook or Eventbrite (or both).

**Eventbrite:**

<https://www.eventbrite.com/support/articles/en_US/Multi_Group_How_To/how-to-set-up-an-online-only-event?lg=en_US>

Go to <https://www.eventbrite.com/> and create an account. Click Create Event.

Location is Online event

Tags Menopause, Women’s Health, Gynecology, Hormones

Category is Health & Wellness

**Facebook Event:**

Go to the events tab on your business Facebook page and click “Create New Event”.

Event type is Online.

Free

Paste in the title and description below.

Category is Wellness

**Event Title: Healthy Menopause - Free Women’s Health Webinar**

You're invited to an exclusive "Healthy Menopause" webinar on (INSERT DATE). \*This is a free online event \*

Menopause can cause many unpleasant symptoms, including hot flashes, night sweats, mood instability, anxiety, depression, vaginal dryness, weight gain, and poor sleep. There are a variety of treatment options and lifestyle changes to help make the menopausal years much more enjoyable.

Every woman deserves to age well, so join us for a free Menopause webinar hosted by {NAME OF PRACTICE} and the Foundation for Female Health Awareness. Our expert panel will be discussing menopause, hormone therapy, intimate health, and nutrition for menopausal women.

You’ll learn:

* What happens to your body during menopause?
* Hormone therapy safety and efficacy
* Changes to gynecologic health including dryness and urinary leakage
* Treatment options for menopause
* Nutrition tips for menopause

Being a woman can be incredibly empowering when we have the tools at our fingertips. Whether you’re in your 40’s, 50’s or 60’s this webinar will teach you how you can feel better, healthier, and balanced!

Learn more and RSVP to the "Healthy Menopause - Free Women’s Health Webinar" on [DATE] ---> INSERT LINK TO YOUR LANDING PAGE OR EVENTBRITE LISTING

