

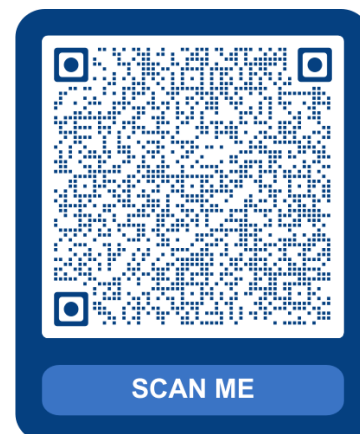
Kaiser Permanente Health Talks

Midlife & Women's Health: Embracing Change

Join our Kaiser Permanente Redwood City OB/GYN doctors for an important session on women's health.

- **Mibhali Bhalala, MD, FACOG** Regional Lead for OB/GYN Liaisons
- **Cheryl Padin, MD** Menopause Lead
- Learn about midlife and menopause – symptoms and body changes.
- Understand how lifestyle medicine can impact women's health.
- Discover tools and tips to aid with healthy lifestyle change.
- Learn how to navigate the menopause transition.

Date: Thursday, May 22, 2025
Time: 12:30 – 1:30 pm PST
Location: Microsoft Teams
Register: QR Code or [click here](#)



This is a free webinar made available to employer groups and our Bay Area communities. You do not need to be a Kaiser Permanente member to register. The presentation will be in English.