



This article contains general information dealing with health and wellness. It does not constitute medical advice and should not be relied on for diagnosing or treating any illness, injury or disease.

April 22, 2026

Leading Through Midlife: Clarity, Confidence, and Evidence-Based Support

We invite you, your family, and your friends to be part of this online webinar offered by BCPVPA in partnership with the [Westcoast Women's Clinic](#). The series will answer questions and provide insightful facts and information regarding menopause.

From our benefit data, as of 2024, we know that our membership was comprised of 60% women, with an average age of 54 years! This is therefore a very timely and relevant topic, and not only for our female members. Our male members are also invited to register, and their partners are welcome to register at the same member fee.

This exclusive four-part educational series is designed to support our members and friends navigating perimenopause and menopause during this significant life transition. Designed with busy school leaders in mind, the series explores the physiology of menopause and its impact on sleep, mood, cognition, energy, and long-term health. Participants will gain credible medical insight and practical strategies to support both personal wellbeing and professional effectiveness.

The first online session is ***tomorrow, Thursday April 23 at 3:30 pm!***

Sign up now, and share the link with friends and loved ones as all are welcome to participate! For those registrants unable to attend all sessions, the Westcoast Women's Clinic will record all sessions and make them available for a limited time.

[Register here!](#)

A handwritten signature in black ink, appearing to read 'R. Morandini', with a stylized flourish at the end.

Rochelle Morandini

Member Health & Well-Being, Director

If you would like to contribute or have ideas about what you would like to see in the ReFresh series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.