



“The Menopause Expert”

Rebecca Hulem, RN, RNP, CNM
Certified Menopause Clinician

Speaking Topics

Rebecca has traveled throughout the United States and Canada speaking professionally to women of all ages on topics of women’s health and wellness. Listed below are examples of topics Rebecca has spoken on in the past. All of Rebecca’s speaking topics and programs can be customized to fit your needs.

Menopause Specific Topics:

- Feelin’ Hot: A Humorous, Informative & Truthful Look at Menopause
- No Bones About It: Osteoporosis the Silent Killer
- Weight No More: Weight Management after 50
- Stuck in Hormone Hell: Hormone Therapy Options
- Female Sexuality and Aging: Where Oh Where Did My Libido Go?
- Every Woman Loves a Compliment: Complementary & Alternative Menopause Therapies
- While You are Not Sleeping: Causes and Treatments for Sleep Disturbances

Other Women’s Health & Wellness Topics:

- Teenage Health & Wellness: Boosting Self Esteem & Helping Teens Make Healthier Choices
- PMS: Help! What are my options?
- Birth Control in the new Millennium
- Sexually Transmitted Diseases: How do we stop them?
- Pregnancy after 40: What are the Risks?
- Postpartum Depression: The “New Baby” Blues - It’s Not All In Your Head

Rebecca Hulem, RN, RNP, CNM
5737 Kanan Road, Suite 261, Agoura Hills, CA 91301-1601
www.themenopauseexpert.com
818.425.2886 rebecca@themenopauseexpert.com