



4TH ANNUAL
WOMEN'S
 HEALTH
CONFERENCE
 ACROSS THE LIFESPAN

FRIDAY, FEBRUARY 27, 2026

William F. Andrews Conference Center, 3024 New Bern Avenue, Raleigh, NC 27610

REGISTRATION 7:30 am • **PROGRAM** 8:00 am – 1:45 pm

Target Audience

Physicians in Obstetrics & Gynecology, Family Medicine, Internal Medicine, Cardiology, Sleep Medicine, Psychiatry, and Endocrinology, Hospitalists, Advanced Practice Providers, Nurses, Case Managers, Health Educators and other healthcare clinicians involved with the care of women

Description

This conference is designed to address the most current clinical challenges and medical conditions in caring for the female patient. The goal of this conference is to expand the awareness of women's health concerns and increase appropriate application of screening, prevention, management, and treatment options. Session topics surround the theme of the peri/menopause transition and will include sexual dysfunction, sleep disturbances and disorders, joint and bone health, mood disorders, pelvic floor conditions, and hormonal changes and hormone replacement therapy.

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Learning Objectives

At the conclusion of this competency-based activity, the participant should be able to:

- Explore the physiological changes in the anatomy of hormonal variations during perimenopause and menopause.
- Explain treatment options for sleep disturbances during the menopause transition.
- Identify clinical symptoms of depression and anxiety present during the menopause transition.
- Explore how a multidisciplinary approach – pairing pelvic floor physical therapy with medical management – optimizes sexual health and empowers women through the menopausal transition and beyond.
- Explain sexual health challenges during the peri/menopausal transition.
- Explore ways to strengthen bone and joint health for women in mid-life.

Agenda

- 7:30 am **Registration, Continental Breakfast, and Exhibitors** (Hallway)
- 7:55 am **Welcome and Announcements**
Vanisha Wilson, MD & Erica Futrell, MSL
- 8:00 am **Mental Health During the Menopause Transition**
Erin Bondy, PhD, LP
- 8:45 am **The Pelvic Floor Connection: Advancing Care Across the Menopause Transition**
Sinclair Lennon, PT, DPT
- 9:30 am **Break and Exhibitors** (Hallway)
- 9:45 am **Comprehensive Review of Menopause Transition and Strategies for Management of Vasomotor Symptoms**
Kelsey Gilchrist, MSN, APRN, WHNP-BC, MCP
- 10:30 am **Sexual Health Challenges in Midlife Women During Perimenopause and Menopause**
Hajira Yasmin, MD, FACOG, MSCP, IF, AASECT
- 11:15 am **Lunch and Exhibitors** (Hallway)
- 12:15 pm **Bone and Joint Health for Women in Midlife and Beyond**
Jocelyn Wittstein, MD
- 1:00 pm **Sleep Disturbances and Disorders During the Peri/Menopause Transition**
TBD
- 1:45 pm **Closing Remarks and Adjour**
Erica Futrell, MSL

Faculty

DUKE UNIVERSITY

Conference Course Director

Vanisha Wilson, MD

Assistant Professor,
Obstetrics & Gynecology
Division of Women's Community
& Population Health
Gynecology Section, Durham VA
Medical Center

Kelsey Gilchrist, MSN, APRN, WHNP-BC, MCP

Women's Health Nurse Practitioner

Jocelyn Wittstein, MD

Associate Professor,
Orthopaedic Surgery
Duke University School of Medicine

ALRAY DIRECT GYNECOLOGY
AND INTIMATE HEALTH CENTER

Hajira Yasmin, MD, FACOG, MSCP, IF, AASECT

Founder and Gynecologist

UNIVERSITY OF NORTH
CAROLINA AT CHAPEL HILL

Erin Bondy, PhD, LP

Postdoctoral Fellow
Department of Psychiatry
Center for Women's Mood Disorderst

WAKEMED HEALTH &
HOSPITALS

Sinclair Lennon, PT, DPT

Pelvic Physical Therapist
WakeMed Rehabilitation



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Credit

CME: The Wake Area Health Education Center (Wake AHEC) designates this live activity for a maximum of 4.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



The North Carolina Medical Society is a member of the Southern States CME Collaborative (SSCC). Wake Area Health Education Center is accredited by the SSCC to provide continuing medical education for physicians.

Contact Hours: Wake AHEC will provide up to 4.5 Contact Hours to participants. A participant must attend 100% of the program to receive credit. Partial credit will not be awarded.

Registration Fee

- \$55 Reduced registration fees thanks to the generous support of Duke Area Health Education Center.
- Vouchers will be accepted.
- Registration will include online handouts and online certificate of completion.
- Breakfast/breaks/lunch will be provided.
- *To assure quality programming and safety for all participants, babies and children may not attend this program.*

Cancellations and Refunds: Registrants cancelling between February 5, 2026 and February 19, 2026 will incur a \$25 cancellation fee. No refunds or credits will be given for cancellations received after February 19, 2026. Substitutes encouraged.

ADA Statement

Visit wakeahec.org for our ADA Statement.

Questions? Contact Lue McKnight at 919-350-0469 or lmcknight@wakeahec.org.

Planning Committee

DUKE UNIVERSITY

**Conference Course Director
Vanisha Wilson, MD**

Assistant Professor,
Obstetrics & Gynecology
Division of Women's
Community & Population Health
Gynecology Section, Durham VA
Medical Center

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Erica Futrell, MSL

Associate Director, CME & Pharmacy

Lue McKnight, MBA

Project Coordinator, CME &
Pharmacy

WAKEMED HEALTH & HOSPITALS

Vickie Fowler, MD, FAAFP

Family Medicine Physician
WakeMed Primary Care
Clinical Preceptor
UNC School of Medicine, Raleigh
Campus
Physician Trustee
NCAFP Foundation Board of Directors
Taskforce Chair
ACS National Lung Cancer
Roundtable

Ioanna Giatis Kessler, DO, FACOFP

Family Medicine Physician
WakeMed Primary Care

Jacqueline Hicks, DO

Family Medicine Physician
WakeMed North Raleigh Primary Care



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