



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 Gynecology, Family Medicine, Internal Medicine, Cardiology, 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, heart health and disease prevention, joint and bone health, mood disorders, pelvic floor conditions, and hormonal changes and hormone replacement therapy.

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# WOMEN'S HEALTH CONFERENCE ACROSS THE LIFESPAN

## Learning Objectives

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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.
- Describe key risk factors that contribute to heart disease.
- 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

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- 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 **Heart Health and Heart Disease Prevention Strategies**  
David Propst, DMSc, MPAS, PA-C
- 1:45 pm **Closing Remarks and Adjourn**  
Erica Futrell, MSL

## Faculty

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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

CLAYTON MEDICAL HEALTH  
& VASCULAR CENTER

**David Propst, DMSc, MPAS, PA-C**

Physician Assistant

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

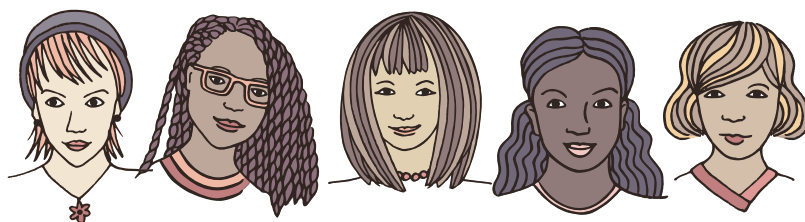
**Sinclair Lennon, PT, DPT**

Pelvic Physical Therapist  
WakeMed Rehabilitation



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# WOMEN'S HEALTH CONFERENCE ACROSS THE LIFESPAN



## Credit

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**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

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- \$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

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Visit [wakeahec.org](http://wakeahec.org) for our ADA Statement.

**Questions?** Contact Lue McKnight at 919-350-0469 or [lmcknight@wakeahec.org](mailto:lmcknight@wakeahec.org).

## Planning Committee

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### 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

### WAKE AHEC

**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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