



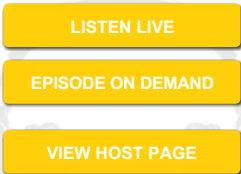
**Living Strong: The Flip Side of Adversity**  
**Thursday at 2 PM Pacific**  
**December 16th 2021: Menopause is Not the Boss of ME**

As a women’s transformational speaker, Dr Deborah helps women transform their mindset and renew their spirits as they through the various menopause’s transitional phases. She provides solutions to the challenges of menopause: hot flashes, senior moments, night sweat, mood changes, and more. Her conversation will guide listeners towards promoting their health and wellness, as well as equip women to navigate the pitfalls of menopause and manage the signs and symptoms, aiding them to embrace their passion, purpose, and legacy while Going Thru The Change, LLC Our conversation entitled “Menopa

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**Tune in**  
Thursday at 2 PM Pacific Time  
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**Questions? Comments?**  
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**Featured Guest**



**Dr. Deborah Roebuck**  
Deborah D. Roebuck, Doctor of Nursing Practice, Menopause Whisperer® is fueled by her passion to help peri-menopausal, menopausal, and post-menopausal women bridge the information gap about the subtle changes as well as the quality-of-life issues that are confusing not only to a woman but to her friends family and colleagues. Deborah D Roebuck is a keeping it real transformation speaker. She combines her own firsthand experience of going through the menopausal cycle with her 40 plus years and Women's Health to deliver compelling yet relatable presentations for conferences, online events, interviews, panels, meetings, retreat, workshops, and seminars that can be adapted to suit you are th

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