



## The Menopause Brain Lisa Mosconi, Ph.D.

Associate Professor of Neuroscience in Neurology and Radiology at Weill Cornell Medicine (WCM), and the Director of the Alzheimer's Prevention Program at WCM/New York-Presbyterian Hospital.

## Lisa Genova, Ph.D.

*New York Times* bestselling author, neuroscientist, and speaker.

**Monday, April 8, 2024, 7:00 PM (on Zoom)**

**Register: [www.bit.ly/MosconiFANWebinar](http://www.bit.ly/MosconiFANWebinar)**

**PLUS: After-Hours Event!**

Purchase a copy of *The Menopause Brain* from FAN's partner bookseller The Book Stall to receive a link to an interactive "After-Hours" event hosted by Prof. Mosconi. Details on the Zoom registration form.

Presented by **Family Action Network (FAN)**, in partnership with

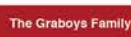
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This event is #freeandopentothe public and will be recorded. Suitable for youth 12+. [familyactionnetwork.net](http://familyactionnetwork.net)

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**FOR IMMEDIATE RELEASE: LISA MOSCONI, Ph.D. – ON ZOOM**

**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

**Monday, April 8, 2024, 7:00 PM, The Menopause Brain, a FAN webinar featuring Lisa Mosconi, Ph.D., in conversation with Lisa Genova, Ph.D.**

**REGISTER:** [www.bit.ly/MosconiFANWebinar](http://www.bit.ly/MosconiFANWebinar)

**BONUS AFTER-HOURS EVENT:** Attendees who purchase a copy of *The Menopause Brain* from FAN's partner bookseller The Book Stall are invited to attend an AFTER-HOURS event hosted by Dr. Mosconi that will start immediately after the webinar. Details on the webinar registration page.

Menopause and perimenopause are still a black box to most doctors, leaving patients exasperated as they grapple with symptoms ranging from hot flashes to insomnia to brain fog. In her new book, ***The Menopause Brain***, leading neuroscientist and women's brain health specialist **Lisa Mosconi, Ph.D.** unravels these mysteries by revealing how menopause doesn't just impact the ovaries—it's a hormonal show in which the brain takes center stage.

The decline of the hormone estrogen during menopause influences everything from body temperature to mood to memory, potentially paving the way for cognitive decline later in life. To conquer these challenges successfully, Dr. Mosconi brings us the latest approaches—explaining the role of cutting-edge hormone replacement therapies like “designer estrogens,” hormonal contraception, and key lifestyle changes encompassing diet, exercise, self-care, and self-talk. Best of all, Dr. Mosconi dispels the myth that menopause signifies an end, demonstrating that it is a transition. Contrary to popular belief, if we know how to take care of ourselves during menopause, we can emerge with a renewed, enhanced brain—ushering in a meaningful and vibrant new chapter of life.

Dr. Mosconi is an associate professor of neuroscience in Neurology and Radiology at Weill Cornell Medicine (WCM), and the director of the Alzheimer's Prevention Program at WCM/New York-Presbyterian Hospital. The program includes the Women's Brain Initiative, the Alzheimer's Prevention Clinic, and the Alzheimer's Prevention Clinical Trials Unit. She will be in conversation with **Lisa Genova, Ph.D.** Genova graduated valedictorian from Bates College with a degree in biopsychology and has a Ph.D. in neuroscience from Harvard University. She is the *New York Times* bestselling author of several novels, including *Still Alice* and *Every Note Played*. Genova's first work of nonfiction, *Remember: The Science of Memory and the Art of Forgetting*, was an instant *New York Times* bestseller, and her TED talks on Alzheimer's and memory have over 11 million views.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

*Sponsored by Family Action Network (FAN), in partnership with The Avery Coonley School, Baker Demonstration School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago/Lincoln Park, British International School of Chicago/South Loop, Chicago Jewish Day School, Compass Health Center, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Gorton Center, Haven Youth and Family Services, Hyde Park Day School, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Latin School of Chicago, Leo Catholic High School, Lycée Français de Chicago, Mindful Psychology Associates, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette Public Library, Winnetka-Northfield Public Library District, Woodlands Academy.*