

The New Perimenopause: An Evidence-Based Guide to Surviving the Zone of Chaos and Feeling Like Yourself Again

Mary Claire Haver, MD

Board-certified OB/GYN, founder of The 'Pause Wellness, and #1 NYT bestselling author of *The New Menopause* and *The Galveston Diet*.

Heidi Stevens

Chicago-based writer and Director of External Affairs for the University of Chicago's TMW Center for Early Learning + Public Health.

Wednesday, April 29, 2026, 7:00 PM CT

**Regina Dominican High School, O'Shaughnessy Theater
701 Locust Rd., Wilmette, IL 60091**

BONUS BOOK GIVEAWAY of *the New Perimenopause* at the event, while supplies last.



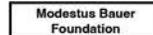
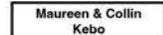
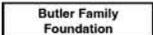
This event is #freeandopentothepublic and will be recorded.
No registration required. Suitable for youth 12+

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FOR IMMEDIATE RELEASE: MARY CLAIRE HAVER, MD – IN PERSON

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The New Perimenopause: An Evidence-Based Guide to Surviving the Zone of Chaos and Feeling Like Yourself Again

A FAN in-person featuring Mary Claire Haver, MD, in conversation with Heidi Stevens

Regina Dominican High School, O'Shaughnessy Theater, 701 Locust Rd., Wilmette, IL 60091

No registration required.

Bonus Book Giveaway: FAN is giving away copies of *The New Perimenopause* to attendees, while supplies last.

For many women, the years leading up to menopause arrive without warning and without a name. Anxiety, fatigue, joint pain, brain fog, disrupted sleep, volatile moods, and changes in sexual health can surface as early as a woman's mid-thirties — well before menstrual irregularity signals that anything hormonal is underway. Too often, those symptoms are dismissed by physicians or misattributed entirely. **Mary Claire Haver, MD**, has spent her career changing that.

In her new book ***The New Perimenopause: An Evidence-Based Guide to Surviving the Zone of Chaos and Feeling Like Yourself Again***, Dr. Haver, a board-certified OB/GYN, a certified culinary medicine specialist, a certified menopause provider, and the founder of The 'Pause Wellness, maps what she calls the hormonal "zone of chaos" — the years of endocrine fluctuation that precede menopause and generate an outsized toll on women's daily lives. The symptoms are real, they are physiological, and they are manageable. Her book gives women the science, the clinical tools, and the language to insist on care that addresses what their bodies are doing.

The New Perimenopause delivers clear, science-backed explanations of what's happening in the body across every dimension of the perimenopausal transition — menstrual changes, energy, mood, sleep, and sexual health — alongside a frank account of why addressing these changes now constitutes preventive medicine for the decades ahead. Haver walks women through the latest research on progesterone therapy, including both its benefits and side effects, and equips them with practical tools: checklists, questions to bring to the doctor's office, and strategies for navigating a medical system that has historically underserved women in midlife. Whether or not a woman has yet noticed any symptoms, the book removes the mystery from this transition and restores the sense of agency that too many women lose during it.

Haver, the #1 *New York Times* bestselling author of *The New Menopause* and *The Galveston Diet*, will be in conversation with **Heidi Stevens**, Director of External Affairs for the University of Chicago's TMW Center for Early Learning + Public Health. She writes a weekly nationally syndicated column, "Balancing Act." Stevens has been a FAN board member since 2021.

This event is suitable for youth ages 12 and up. It will be recorded but not live streamed and available on FAN's website and YouTube channel.

Sponsored by **FAN**, in partnership with The Avery Coonley School, Beacon Academy, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago, Catherine Cook School, Compass Health Center, Countryside Day School, Evanston Township HS D202, Family Service Center, The Frances Xavier Warde School, Francis W. Parker School, Glenview Public Library, Gorton Center, Hyde Park Day School, Illinois Student Assistance Commission, Lake Bluff D65, Latin School of Chicago, Leo Catholic High School, Libertyville D70, Lycée Français de Chicago, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, TrueNorth Educational Cooperative #804, Wilmette Public Library, Wintrust Financial, Woodlands Academy, Youth & Opportunity United.