



AGENDA

Perimenopause and Menopause Workgroup

Wednesday July 8th 2026 | 2:30-4:00PM Hybrid

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Meeting ID: 247 093 541 468 2

Passcode: qE9qi2Zk

Time	Topic	Facilitator
2:30 – 2:35	Welcome Approve June Minutes	Nicole Saint Clair, MD, FACOG Regence
2:30 – 2:35	Review: Workplan	Beth Bojkov, MPH, RN Bree Collaborative Staff
2:35 – 2:45	Present: Cardiovascular Health in Women Dr. Susie Woo, VMFH	Nicole Saint Clair, MD, FACOG Regence
2:45 – 3:00	Present: Complementary & Alternative Medicines Dr. Kris Somol, ND, Bastyr University	Nicole Saint Clair, MD, FACOG Regence
3:00 – 3:55	Review & Discuss: Management Guidelines Materials - Draft Perimenopause and Menopause Guidelines Management Evidence Review Guideline Comparison Chart	Nicole Saint Clair, MD, FACOG Regence Beth Bojkov, MPH, RN Bree Collaborative Staff
3:55 – 4:00	Closing Public Comment Next Steps	Nicole Saint Clair, MD, FACOG Regence Beth Bojkov, MPH, RN Bree Collaborative Staff

Next Meeting: **Wednesday August 12th, 2026 | 2:30-4:00PM Hybrid**