



AGENDA

Perimenopause and Menopause Workgroup

Wednesday, September 9th, 2026 | 2:30-4:00PM **In Person** (Virtual Available)

400 University Street

Suite 300, Room 3B

Seattle, WA 98101

Virtual Option: [Join the meeting now](#)

Meeting ID: 247 093 541 468 2

Passcode: qE9qi2Zk

Time	Topic	Facilitator
2:30 – 2:35	Welcome Approve August Minutes	Nicole Saint Clair, MD, FACOG Regence
2:35 – 2:40	Review: Workplace Supports Follow-up & Education	Nicole Saint Clair, MD, FACOG Regence
2:40 – 2:50	Discuss: Symptoms and Education - Communication of symptoms - If additional special training is needed, and when uncomfortable refer to OBGYN (menopause is a core competency for OBGYN and midwifery) - Public school education statements	Nicole Saint Clair, MD, FACOG Regence
2:50 – 3:40	Present: Report and Guidelines Materials Draft Perimenopause/Menopause Report and Guidelines	Nicole Saint Clair, MD, FACOG Regence Beth Bojkov, MPH, RN Bree Collaborative Staff
3:40 – 3:55	Update: Evaluation Subcommittee	Karie Nicholas, MA, GDip 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 October 14th, 2026 | 2:30-4:00PM Hybrid**