

# WORLD MENOPAUSE DAY — CHARLESTON

An Intergenerational Women's Wellness Event  
Hosted by Hot in Charleston

Tuesday, October 18th | The Gibbes Museum, Charleston, SC | 12 to 2pm

Presenting Sponsor MUSC Women's Health

Be part of a first-of-its-kind women's wellness event created to promote knowledge-sharing on one of the most fundamental health topics of our time. Women spend one-third of their lives in peri/menopause, yet most know surprisingly little about it. This gathering of noted authors and experts offers insight and inspiration to help us navigate each life chapter with wisdom, humor and grace.



**Emcee, Carolyn Murray —**  
Anchor WCBD-TV, award-winning  
Charleston broadcast leader and  
health advocate



**Moderator, Kerri Devine —**  
Writer and Founder of Hot in  
Charleston, a virtual  
women's community

## MEET THE PANEL



**Lee Woodruff, Bestselling Author, Advocate & Journalist** — A prominent national speaker on meeting change with courage, Lee is the author of *In an Instant* and *Perfectly Imperfect*, where she reveals honest reflections on confronting life's realities, from her husband's devastating injury to a child's disability. *Lee will discuss navigating the big changes of marriage, motherhood, and the empty nest with confidence.*



**Cinelle Barnes, Author, Speaker & Community Advocate** — Charleston-based writer, editor, and educator from Manila, Philippines, Cinelle is the author of *Monsoon Mansion: A Memoir* and *Malaya: Essays on Freedom* and editor of *A Measure of Belonging: 21 Writers of Color on the New American South*. *Cinelle will speak about the need for intergenerational knowledge sharing, and how women in their 30s and 40s can equip themselves for what's next.*



**Anita Ramsetty, MD, MUSC** — An Associate Professor at MUSC and board certified in endocrinology, metabolism and nutrition, *Anita will address the challenging physical changes that accompany peri/menopause and how to navigate them for optimum health.*



**Connie Guille, MD, MUSC** — A reproductive psychiatrist and founder and director of the MUSC Women's Reproductive Behavioral Health Program, *Connie will focus on the complex emotional and relational aspects of a woman's journey.*



**Elaine Eustis, MD, Menopause Solutions** — Local menopause expert and women's champion, *Elaine will address how we can control our destiny with knowledge, solutions, and self-care.*

**Space is limited.**  
**To purchase tickets and for more information, visit:**

[hotincharleston.com/world-menopause-day](http://hotincharleston.com/world-menopause-day)



Women's Health



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