



REDEFINING MEDICINE

Women and Health: Building a Sustainable Future

Pre-Conference Workshop

Thursday May 16, 2019 | Orlando, FL

9:00 AM	An Balanced Ecosystem: Female Sex Hormones	Sara Gottfried, MD	1 hr
10:00 AM	Break		
10:30 AM	Optimizing Hormones throughout the Menstrual Cycle	Felice Gersh, MD	2 hr
12:30 PM	Lunch		
1:30 PM	Fertility Concerns: Contraception, Family Planning, Miscarriages , What you Need to Know	Felice Gersh, MD	1 hr
2:30 PM	The Second Brain: Women and the Gut Microbiome	Sara Gottfried, MD	1 hr
3:30 PM	Break		
4:00 PM	Depression, Stress, Fatigue: Solutions in Improving Mental Health	Sara Gottfried, MD	1 hr
5:00 PM	A Closer Look: Anxiety in Women	Sara Gottfried, MD	1 hr
6:00 PM	Close of Session		