

ellen DOLGEN



**Nationally Recognized Menopause and Women’s Health Trail Blazer,
Author & Speaker**

Ellen Dolgen is the Founder and President of Menopause Mondays® and is a principal of Dolgen Ventures.

Got Menopause? Get EllenDolgen!

For Ellen, menopause education is her life’s mission. For almost two decades, she has worked to break the stigma around menopause and women’s health and provided women with access to the tools they need to live better and healthier lives.

With her three books on menopause, trademarked Menopause Mondays Blog, and humorous singing uterus video, Dolgen aims to empower women to become their own health advocates.

She is in the process of launching a major initiative that will offer women access to menopause education, empowering them to get the help they need and deserve.

Her motto is: *Suffering in silence is OUT! Reaching out is IN!*

Ellen has been #1 on Dr. Oz Sharecare.com Top 10 Social HealthMakers on Menopause. From 2012 through 2022, EllenDolgen.com/Menopause Mondays® is named one of the “Best Menopause Blogs” by Healthline. Ellen was asked to be one of the first regularly featured bloggers on HuffPost50 and so began the syndication of her Menopause Mondays™ blog on other health sites.

Ellen offers health and wellness programs for businesses, healthcare institutions, and other organizations. She facilitates Menopause Mondays® Parties throughout the country. To further educate the sisterhood, Ellen enjoys speaking at conferences such as the Massachusetts Conference for Women. She works with pharmaceutical companies such as Novo Nordisk to create menopause awareness campaigns and has done a series of menopause videos with Kim Cattrall for Pfizer.

Ellen has appeared on the “TODAY Show”, “TODAY Kathie Lee & Hoda”, “The Katie Show,” “NBC Nightly News”, “The Rachael Ray Show,” “The Doctors,” Oprah Radio, Playboy Radio, NPR’s “Tell Me More,” Doctor Radio, and dozens of regional and national media outlets. In 2011, she appeared in a production of “The Vagina Monologues.”

Ellen has a lifelong commitment to health and wellness. She serves on the Community Advisory Board of Scripps Memorial Hospital, La Jolla. She has chaired and served on various boards and committees for Planned Parenthood of the Pacific Southwest, Fresh Start Women’s Foundation, San Diego Hospice, Brandeis University, NARAL, the Phoenix Heart Ball, Juvenile Diabetes, Research Foundation, Weizmann Institute of Science, Angel Charity for Children, Brewster Auxiliary, and Handmaker Home for the Aging.