

*ellen*DOLGEN



Ellen Dolgen –menopause activist, best-selling author, speaker, and founder of Fearless Vagina: the leading online course for women in all stages of menopause.

Embracing Menopause with Confidence:

MENOPAUSE MONDAYS: The Girlfriend's Guide to Surviving and Thriving During Perimenopause and Menopause is now available as a totally free e-book as part of my mission to continue empowering women through this transformative phase of life. For far too long, information about menopause has been kept from women. As one of the leading activists for Menopause Education, she offers videos, articles, and now a course to help support and empower all women.

Menopause Course Creator:

Fearless Vagina: Ellen Dolgen's Guide to Menopause is designed to help women recognize and conquer the symptoms of perimenopause, menopause, and post-menopause. For far too long, women have been left in the dark about menopause symptoms which, if untreated and undiagnosed, can have enormous negative effects in all areas of women's lives- Fearless Vagina empowers all women to thrive through this phase of life.

It's All About Empowerment:

Ellen's motto is: "Suffering in silence is OUT! Reaching out is IN!" Let's shatter the stigma surrounding menopause and support one another.

Grateful for Recognition:

WebMD, Prevention Magazine, Healthline, Medical News Today, Feedspot, and others identify my blogs as a trusted source of empowering information on menopause. She was one of the first regularly featured bloggers on HuffPost50.

From National TV to Conferences:

Recognized as one of the leading menopause advocates, Ellen has been featured on the: CBS News Sunday Morning with Jane Pauley, The TODAY Show, TODAY with 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.

Corporate Wellness:

Supporting women in the workforce through menopause improves workplace happiness and productivity. More and more companies are offering supportive programming. She offers health and wellness programs for businesses, healthcare institutions, and other organizations.

Ellen has spoken at conferences like the Massachusetts Conference for Women and worked with pharmaceutical companies such as Pfizer and Novo Nordisk to create menopause awareness campaigns.

Advocacy and Dedication:

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

You are warmly invited to participate in this empowering journey through menopause. Visit EllenDolgen.com to connect with the Menopause Mondays® Blog and her vibrant community! Check out Ellen's social media via Linktree- <https://linktr.ee/ellendolgen>.