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Adults

Hot Flashes, Hard Conversations & Workplace Power



Join leading health and human resources experts as they break down the facts about perimenopause and menopause, dispel common myths, and address how symptoms can impact professional life. Gain practical tools to confidently advocate for proper medical care, navigate workplace challenges, and push for more informed, supportive, and equitable work cultures. Whether you are currently experiencing perimenopause or menopause, supporting someone who is, or shaping workplace policies, this conversation is for you.

This event is proudly presented by the Greater Baltimore Section of the National Council of Negro Women (NCNW) in partnership with the Pratt Library, continuing its commitment to education, empowerment, and the holistic well-being of women in every stage of life.

This event will feature a dynamic welcome and performance by comedian Stiletto, along with a panel discussion showcasing insights from Delayna Watkins, BSN, RN, BCPA, President and CEO of Women's Wellness Lounge; Jasmine Brennan Campbell, Head of Global Diversity, Equity, and Inclusion at T. Rowe Price; and moderator Awanya Anglin-Brodie, President of the Greater Baltimore Section of NCNW.

Space for this program is limited. Registration required. **Register at prattlibrary.org.**

Saturday, March 14, 1:00 – 3:00 p.m.

The free educational and cultural programs at Pratt libraries are made possible by the generous support of donors to the Enoch Pratt Free Library.

Central Library, Wheeler Auditorium
400 Cathedral St.

prattlibrary.org