

# Approximate Schedule for Perimenopause, Menopause & Mental Health February 27, 2026

**\*Please Note: All Times listed below are in EST (Toronto, New York)  
(Convert to your Time Zone)**

1:00 pm – 4:15 pm                      Workshop

\*There will be a 15 minute break mid-way through the workshop\*

## Helpful Information

### Joining the Workshop

You will each be emailed a unique Zoom link to join the workshop. \*Please note: You will only be able to join from one device at a time

### Social Media

Instagram: **Mission: Empowerment:** [www.instagram.com/missionempowermentworkshops](http://www.instagram.com/missionempowermentworkshops)  
**Judy Gardiner:** [www.instagram.com/npjudyg/](http://www.instagram.com/npjudyg/)  
Facebook: **Mission: Empowerment:** [www.facebook.com/MissionEmpowerment](http://www.facebook.com/MissionEmpowerment)  
**Judy Gardiner:** <https://www.facebook.com/npjudyg>

***\*Tag us in a social media post within 24 hours after the workshop session to be entered in a draw for a free workshop! See page 2 for more info\****

### Workshop & Technical Support

If you require assistance during the workshop, have any difficulty joining the workshop and/or if you experience any technical issues throughout the day, **James Downham and Trena Ball**, will be available to assist you. You can reach them in one of these 2 ways:

1. Email: [info@missionempowerment.ca](mailto:info@missionempowerment.ca)
2. Private chat message (when in the Zoom meeting) – search TECH or one of their names

### Live Transcript Feature

Using the 'live transcript' feature during the Zoom meeting can be very helpful. You can keep it open on the side of your Zoom screen or on a separate monitor. This allows you to scroll back if you miss something the presenter said or search for a specific term mentioned earlier. Here's how to access it:

- Click the CC button on your Zoom menu
- Select the ^ arrow next to it
- Choose "View live transcript"
- To move or minimize the transcript, click the icon in the top-right corner that has an arrow inside a box pointing diagonally.

***\* Unfortunately, we are unable to provide the Zoom transcript after the meeting. This is to maintain confidentiality for participants who shared during the session and to respect the presenter's intellectual property, as the transcript would serve as a permanent record of their presentation\****

## Access to Recording After the Workshop

All workshop participants will receive access to a recording of the workshop for 60 days. The recording will be emailed out by **end of day on Friday March 6, 2025** (to allow time for editing) and you will have access until end of day on May 5, 2026.

## Certificates of Attendance

You will receive an email shortly after the end of the workshop, with information about how to obtain your certificate of attendance, along with an online evaluation form for the workshop.

## Win a Free Workshop with Mission: Empowerment!

### Here's how to enter:

1. After the workshop session, reflect on your biggest takeaway or “aha” moment.
2. Share your insight on **Instagram or Facebook**, tagging **Mission: Empowerment** in your post (see page 1 for our “handles”)
3. Post within **24 hours** of the workshop session to be entered into the draw.

### 🎁 What's the prize?

One lucky winner will be chosen to receive a gift certificate for a **free workshop** (of the same value as the current workshop) from Mission: Empowerment! **ON DEMAND** workshops included.

### 📅 When will the draw take place?

The winner will be drawn on **Sunday March 1<sup>st</sup> at 1:00 pm ET**.

### ? What should you post?

We want to hear from you, and your post can be as creative as you like! Here are a few ideas:

- A photo of your notes or a quote that stood out to you during the session.
- A snapshot of your workshop setup (maybe your cozy space with coffee and a notebook).
- Or feel free to get creative with any other ideas that come to mind! (We're new to Instagram and still learning all the ins and outs!)

We can't wait to hear what resonated with you during the session and to continue the conversation beyond the event.

**Thank you for Attending!**