

Join a Transformative Conversation on October 3rd at 9:30 AM Pacific Time on LinkedIn Live

Get ready to embark on a journey of self-discovery and empowerment as we invite you to a critical one-hour live event.

ALBUQUERQUE, NEW MEXICO, UNITED STATES, September 28, 2023

[/EINPresswire.com/](#) -- [Exploring Midlife Changes: Perimenopause, Menopause, and Andropause.](#)

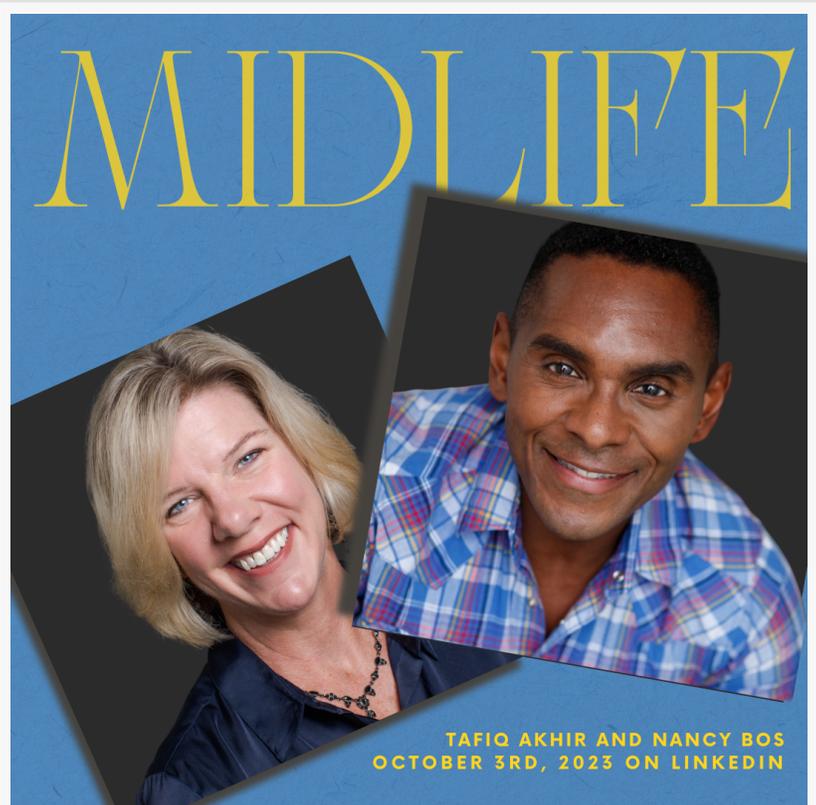
Renowned voice and menopause expert, [Nancy Bos](#), and the acclaimed [Mr. Menopause, Tafiq Akhir](#), are joining forces to guide you through the profound physical, emotional, and cognitive transformations that define midlife.

Discover how embracing these transformative phases can lead to a more fulfilling and empowered life.

Nancy and Tafiq will share insights, strategies, and practical advice to help navigate Perimenopause, Menopause, and Andropause with confidence and grace.

Who Are We?

Nancy Bos, with over 25 years of experience as a voice teacher, has helped thousands of singers on their musical journeys. But it was her personal experience with menopause that revealed a lack of answers to questions about the changes in her singing and body. As a co-author of the book "Singing Through Change: Women's Voices in Midlife, Menopause, and Beyond," Nancy is on a mission to help all women discover joy and renewal through menopause.



Exploring Midlife Changes: Perimenopause, Menopause and Andropause.

Tafiq Akhir, also known as Mr. Menopause, boasts over 23 years of expertise as a trusted health and wellness professional, specializing in women's hormones, health, and fat loss. Beyond his expertise in women's health, he's part of the 40% of men over 45 experiencing male menopause (Andropause) himself. Tafiq's mission is to provide comprehensive awareness, resources, support, and symptom relief for women and men alike.

Spread the Word! This event is open to all genders! The impact of these life phases extends far beyond, and our conversation will provide valuable insights for everyone.

Mark the calendar for October 3rd at 9:30 AM Pacific Time/12:30 Eastern, and join us on LinkedIn Live for an enlightening discussion that can empower you to embrace change and live your best life.

Let's create a supportive community and transform lives together!

For media inquiries or additional information, please contact:

Tafiq Akhir

Email: tafiq@tafiq.com

Phone: 323-413-2187

OR

Nancy Bos

Email: nancy@studiobos.com

Phone: 425-653-5586

About Tafiq Akhir:

Tafiq Akhir, also known as Mr. Menopause, is an award-winning Licensed Menopause Expert and Menopause Awareness Specialist with over 23 years of experience in health and wellness. He specializes in corporate wellness, women's hormones, health, and fat loss, and is committed to providing comprehensive support for men and women during midlife changes.

About Nancy Bos:

Nancy Bos is a renowned voice teacher with over 25 years of experience. She is co-author of the book "Singing Through Change: Women's Voices in Midlife, Menopause, and Beyond" and is dedicated to helping women find joy and renewal through menopause.

Nancy Bos

StudioBos Media

+1 425-653-5586

[email us here](#)

Visit us on social media:

[Facebook](#)

[LinkedIn](#)

[Instagram](#)

[YouTube](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/657848950>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.